



Periodontal Associates, P.A.

Architects of Health

Practice Limited to Periodontics and Implants

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Surgical FAQs

How much time is needed for surgery?

Surgery may be scheduled in different ways depending on what procedure you receive and how many quadrants, or quarters, of your mouth are treated. Generally speaking you can expect treatment to be performed comfortably under local anesthesia in the office in approximately 1½ hours per quadrant.

When may I resume my normal routine?

Following your procedure, you should go home and rest!! It is not a day to plan to work, exercise or run errands. Most people feel pretty good immediately after their treatment, but we recommend you plan 24 of rest to speed recuperation. If you are taking a prescription pain medication you should not drive, drink alcohol or go to work.

Will there be any swelling?

There will be some swelling associated with surgery. It usually peaks between 12 and 36 hours after treatment. Not everyone will experience the same amount of swelling; some may have very little while others have more. Ice for immediate use after surgery is available in the office. We will direct you on the correct usage of ice to help reduce, not eliminate, any swelling.

There will be sutures (stitches) and possibly a dressing covering the surgical area for approximately 7 days depending on the treatment you receive. If used, the dressing resembles bubble gum and is placed over the sutures to protect them. You should wear it until we take it off; however small pieces of the dressing may break off. It is not necessary to notify us unless you are uncomfortable. After a few days, if you experience a sudden change, call the office.

Will I be able to eat?

You should eat your normal meals before surgery, unless instructed otherwise. After treatment softer foods are usually only necessary for the first few days. It is important that you maintain a healthy diet while you heal, even if you don't feel like eating much. Chowders, soups, broths, pasta, eggs, cooked vegetables, and ground meats are good examples of the types of foods you can eat. We recommend that you avoid crunchy, acidic or spicy foods and alcoholic beverages while the surgical dressing is in place as they may irritate tissues that are trying to heal.

Will I need to take medication for pain?

You will begin taking over-the-counter non-steroidal anti-inflammatory medication, Advil or Motrin 200, the day before your procedure to help control your post operative discomfort and promote healing. If you are unable to take these drugs, please notify your provider. Taking this type of medication the day before treatment significantly *increases* your post operative comfort and *decreases* the amount of prescribed pain medication needed to stay comfortable.

A stronger pain medication will be prescribed. You may take it if needed, however, it may cause drowsiness. You should not drive, go to work or drink alcohol while taking it. If over-the-counter medication is keeping you comfortable, you do not need to take prescribed pain medication.

If you are prescribed an antibiotic, you should begin taking it the morning of your procedure unless otherwise instructed. Always take antibiotics until they are gone!! Women of childbearing age should consider their oral contraceptives ineffective while taking any prescribed antibiotics.

Please take your medications as prescribed; they are designed to keep you comfortable after treatment and are important to the outcome of your procedure. If you experience any problems taking your medications, call the office immediately.

What about the medications I already take?

An accurate accounting of all your prescribed and over-the-counter medications should be in the medical history we have for you in our files. Always inform us of any change in your daily medications. Some of your regular medications may need to be discontinued before surgery. An alteration to your normal medication regimen requires consultation with the prescribing doctor.

If you have any questions please ask us.

It is not a bother and having answers will set your mind at ease.