



# Periodontal Associates, P.A.

*Architects of Health*

Practice Limited to Periodontics and Implants

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## *The Day of Surgery*

1. *Eat normal meals prior to treatment.* Your antibiotic and/or pain medication may upset your empty stomach.
2. *If you were prescribed a relaxant or are driving a distance we recommend you have someone drive you to and from the office.* After treatment you will want to relax, use the ice pack and take your pain medication, if necessary.
3. *You should not eat or drink anything for one hour after treatment.* After that you may eat so long as the food or liquid is not steaming hot.
4. If given your prescriptions ahead of time, fill them, take them as prescribed and bring them with you.
5. Some patients find it helpful to bring an I-Pod or MP3 player and some favorite music to listen to.
6. Please call the office between 4 and 5 o'clock to let us know how you are doing.
7. *If you have any questions* before, during or after treatment please bring them to our attention. It is not a bother and having answers will set your mind at ease.

## *After Surgery*

Please call the office between 4 and 5 o'clock to let us know how you are doing.

### *Things that may occur*

1. *Swelling* – You can expect some swelling after treatment and the amount will vary with the individual and the procedure completed. As soon as possible, apply ice to the outside of your face 10 minutes on and 10 minutes off, intermittently, for 5 to 6 hours after treatment. Be careful not to freeze your face as you will remain numb from the anesthetic for some time.
2. *Bleeding* – You may have some oozing after treatment. Do not be alarmed. If there seems to be a lot of bleeding or prolonged oozing, dampen some gauze or a non-herbal tea bag, place it in your mouth where the oozing is coming from and apply firm pressure for 30 minutes. Repeat if necessary. If bleeding does not stop within *one hour*, call the office. *Do Not Rinse!!! Rinsing will not stop bleeding!!!*
3. *Discomfort* – You may experience discomfort after treatment. This will vary with the individual. You have been provided medication for this. If the discomfort is extreme, or a dull throbbing ache persists, call the office. Some patients experience abdominal discomfort from their medications. If you feel this has happened to you, stop taking them and call the office.

### *Care of your mouth*

1. *Hygiene* – Do not drink liquids for one hour after treatment. Starting the day after surgery, rinse your mouth several times a day with plain water or other as directed. Do not brush, floss or rubber tip the surgical area, but follow normal oral hygiene in the untreated portion of your mouth.
2. *Eating* – Do not eat for one hour after surgery. You should then eat and drink. Avoid steaming hot foods and liquids the day of surgery; you may resume hot foods and liquids the day after surgery. Avoid spicy, crunchy, and acidic foods, and alcoholic beverages. Avoid alcohol when using prescriptive pain medication.
3. *Surgical Dressing* – The dressing plays an important part in the healing of your surgery. Keep it on until it is taken off at your next appointment, usually in 7 to 14 days. If a piece breaks off, do nothing. If you are uncomfortable, call the office and we will replace the dressing.