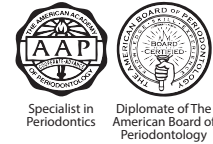




Gary I. Altschuler, DMD
Board Certified Periodontist



2251 NW 41st St., Suite 10
Gainesville, FL 32606
(352) 371-4141 Phone
www.altschulercenter.com

WHAT TO DO AFTER LASER SURGERY

INITIAL CARE:

- Do not rinse during the first two hours after surgery. While your lips and tongue are numb, take care not to bite them. Do not do anything that will disturb the surgical site.
- Do not brush or floss the surgical area. Gently brush and floss the non-surgical areas. Do not use a waterpik.
- If prescribed, on the morning following surgery begin using the oral rinse as instructed. When using a mouth rinse, turn head side to side and let rinse come out. No gargling, swishing or spitting. Avoid vigorous rinsing as bleeding may occur.
- Avoid smoking after surgery.
- No heavy aerobics, yoga, vigorous dancing, heavy lifting or physical activity for 1 week.
- No touching the surgical site with fingers, tongue or objects like cotton swabs, picks, etc.
- No spitting, use of straws, blowing balloons, snorkeling or use of wind instruments. No sucking on cigarettes, candies or mints.

DIET:

- Do not eat for one to two hours following surgery
- For the first 7 days after Laser Therapy, eat foods with a “mushy” consistency. The purpose of this is to protect the clot that is acting as a “band-aid” between the gums and teeth. Examples of “mushy” foods are:
 - Anything put through a blender
 - Cream of wheat, oatmeal
 - Mashed avocado, applesauce
 - Mashed Potatoes, sweet potatoes
 - Mashed banana, fruit, berries w/out seeds
 - Broth or creamed soup
 - Mashed steamed vegetables
 - Cottage, cream or soft cheese
 - Creamy peanut butter
 - Eggs any style
 - Jell-O, pudding, ice cream, yogurt
 - Milk shakes/smoothies
- May blend any healthy foods for a smoothie. Lower sugar intake to maximize healing. Avoid alcohol for 1 week after surgery. Drink plenty of liquids.
- After the first 7 days, you can start having soft foods. Examples are pasta, fish, chicken, steamed vegetables. Gradually add back your regular diet choices.

BLEEDING:

- There may be occasional blood in your saliva during the first few days after surgery. This is normal and to be expected.
- Do not spit, vigorously rinse mouth, smoke, drink through a straw or clench your teeth.
- If excessive bleeding occurs, please call our office.

SWELLING:

- A slight amount of swelling may occur on the first or second day after surgery. Swelling can even occur 3-4 days after surgery.
- For the first 24-48 hours after surgery, you should apply a cold compress (Ice Pack) to the outside of your face, alternating it on and off every 10-15 minutes.
- After the first 48 hours, ONLY IF SWELLING has occurred, apply a warm (not hot) compress such as a wash cloth or heat pack to the outside of your face alternating it on and off every 10-15 minutes.

DISCOMFORT:

- When the anesthesia wears off, you should expect some discomfort. If prescribed, take pain medication as needed. WARNING: Do not drink alcoholic beverages or drive if taking prescription pain medication.
- Avoid clenching or grinding your teeth.

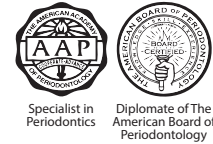
MEDICATIONS:

- If no drug allergies or contra-indications, Ibuprofen 600-800mg every 6 hours can be used for discomfort. Tylenol 500-1000mg can also be taken every 6 hours alternating the two medications. If antibiotics were prescribed, take them as directed until finished. If a rash or any other type of allergic reaction should occur, discontinue use and call our office.

RETURN TO THIS OFFICE FOR ALL POST-OPERATIVE/POLISHING VISITS:
If You Have Any Questions Or Concerns, Please Call Us At 352-371-4141



Gary I. Altschuler, DMD
Board Certified Periodontist



2251 NW 41st St., Suite 10
Gainesville, FL 32606
(352) 371-4141 Phone
www.altschulercenter.com

WHAT TO DO AFTER PERIODONTAL SURGERY

INITIAL CARE:

- Do not rinse during the first two hours after surgery. While your lips and tongue are numb, take care not to bite them. Do not do anything that will disturb the surgical site.
- Do not brush or floss the surgical area for one week (if the area was grafted, do not brush or floss for 6 weeks). Gently brush and floss the non-surgical areas. Do not use a waterpik.
- If prescribed, on the morning following surgery begin using the oral rinse as instructed. When using a mouth rinse, turn head side to side and let rinse come out. No gargling, swishing or spitting. Avoid vigorous rinsing as bleeding may occur.
- Avoid smoking after surgery.
- No heavy aerobics, yoga, vigorous dancing, heavy lifting or physical activity for 1 week.

DIET:

- Do not eat for one to two hours following surgery.
- Limit your diet to soft foods for the first several days after surgery. Drink plenty of liquids.
- Try to chew only on the side of your mouth away from the surgical area. Avoid crunchy, sticky and hard foods like nuts, chips or popcorn.

BLEEDING:

- There may be occasional blood in your saliva during the first few days after surgery. This is normal and to be expected.
- If excessive bleeding occurs, apply a gauze or tea bag moistened in warm water on each side of the surgical area. Hold it with firm, continuous pressure for 30 minutes. Repeat this if necessary.
- Do not spit, vigorously rinse mouth, smoke, drink through a straw or clench your teeth.
- If excessive bleeding continues, please call our office.

SWELLING:

- A slight amount of swelling may occur on the first or second day after surgery. Swelling can even occur 3-4 days after surgery.
- For the first 24-48 hours after surgery, you should gently apply a cold compress (Ice Pack) to the out-side of your face, alternating it on and off every 10-15 minutes.
- After the first 48 hours, ONLY IF SWELLING has occurred, apply a warm (not hot) compress such as a wash cloth or heat pack to the outside of your face alternating it on and off every 10-15 minutes.

DISCOMFORT:

- When the anesthesia wears off, you should expect some discomfort. If prescribed, take pain medication as needed. WARNING: Do not drink alcoholic beverages or drive if taking prescription pain medication.
- Avoid clenching or grinding your teeth.

SUTURES:

- Do not try to remove your sutures if they should come loose. If they are bothering you, we can check them for you.

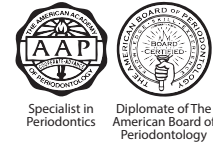
MEDICATIONS:

- If no drug allergies or contra-indications, Ibuprofen 600-800mg every 6 hours can be used for discomfort. Tylenol 500-1000mg can also be taken every 6 hours alternating the two medications. If antibiotics were prescribed, take them as directed until finished. If a rash or any other type of allergic reaction should occur, discontinue use and call our office.

RETURN TO THIS OFFICE FOR ALL POST-OPERATIVE/POLISHING VISITS:
If You Have Any Questions Or Concerns, Please Call Us At 352-371-4141



Gary I. Altschuler, DMD
Board Certified Periodontist



2251 NW 41st St., Suite 10
Gainesville, FL 32606
(352) 371-4141 Phone
www.altschulercenter.com

WHAT TO DO FOR FIRST 6 WEEKS AFTER TISSUE GRAFT SURGERY

INITIAL CARE:

- Do not rinse during the first two hours after surgery. While your lips and tongue are numb, take care not to bite them. Do not do anything that will disturb the surgical site.
- Do not brush or floss the surgical area. Gently brush and floss the non-surgical areas. Do not use a waterpik.
- If prescribed, on the morning following surgery begin using the oral rinse as instructed. When using a mouth rinse, turn head side to side and let rinse come out. No gargling, swishing or spitting. Avoid vigorous rinsing as bleeding may occur.
- Avoid smoking after surgery.
- No heavy aerobics, yoga, vigorous dancing, heavy lifting or physical activity for 1 week.
- No touching the surgical site with fingers, tongue or objects like cotton swabs, picks, etc.
- Do not look at the surgical site. Keep cheek movements to a minimum.
- Do not sleep with hands under the cheek.
- No spitting, use of straws, blowing balloons, snorkeling or use of wind instruments. No sucking on cigarettes, candies or mints.

DIET:

- Do not eat for one to two hours following surgery.
- Eat a healthy diet using softer, easily chewable foods. May blend any healthy foods for a smoothie. Lower sugar intake to maximize healing. Avoid alcohol for 1 week after surgery.
- Limit your diet to soft foods for the first several days after surgery. Drink plenty of liquids.
- No biting into foods in the area of the surgical site. Try to chew only on the side of your mouth away from the surgical area. Avoid crunchy, sticky and hard foods like nuts, chips or popcorn.

BLEEDING:

- There may be occasional blood in your saliva during the first few days after surgery. This is normal and to be expected.
- Do not spit, vigorously rinse mouth, smoke, drink through a straw or clench your teeth.
- If excessive bleeding occurs, please call our office.

SWELLING:

- A slight amount of swelling may occur on the first or second day after surgery. Swelling can even occur 3-4 days after surgery.
- For the first 24-48 hours after surgery, you should gently apply a cold compress (Ice Pack) to the outside of your face, alternating it on and off every 10-15 minutes.
- After the first 48 hours, ONLY IF SWELLING has occurred, apply a warm (not hot) compress such as a wash cloth or heat pack to the outside of your face alternating it on and off every 10-15 minutes.

DISCOMFORT:

- When the anesthesia wears off, you should expect some discomfort. If prescribed, take pain medication as needed. WARNING: Do not drink alcoholic beverages or drive if taking prescription pain medication.
- Avoid clenching or grinding your teeth.

SUTURES:

- Do not try to remove your sutures if they should come loose. If they are bothering you, we can check them for you.

MEDICATIONS:

- If no drug allergies or contra-indications, Ibuprofen 600-800mg every 6 hours can be used for discomfort. Tylenol 500-1000mg can also be taken every 6 hours alternating the two medications. If antibiotics were prescribed, take them as directed until finished. If a rash or any other type of allergic reaction should occur, discontinue use and call our office.

RETURN TO THIS OFFICE FOR ALL POST-OPERATIVE/POLISHING VISITS:

- Use a soft toothbrush for 3 months when told to start brushing.

If You Have Any Questions Or Concerns, Please Call Us At 352-371-4141