
MENLO PARK DENTAL EXCELLENCE

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AFTER SURGERY INSTRUCTIONS

Please read the following instructions carefully. Following them will make you more comfortable and help avoid any unnecessary complications.

BLEEDING

- Slight bleeding may continue for up to 24 hours. This is not unusual and is no cause for alarm.
- **If excessive bleeding occurs**, take moistened gauze from the packet given to you following the surgery or a wet caffeinated tea bag and apply steady and firm pressure over the bleeding area for one hour. Sitting quietly in an upright position will also aid in the control of bleeding.

SWELLING

- You can expect some swelling following your surgery, and it may take 3 to 4 days before it reaches maximum.
- To minimize the swelling, apply an ice pack to the cheek over the area of surgery, 10 minutes on and 10 minutes off for the first day.
- Avoid bending over. Sleep with your head elevated for the first night.

DISCOMFORT

The amount of pain or discomfort varies from patient to patient. The medication given to you should be used as prescribed and should control your pain. If you need to take the medication for a few days, do not be alarmed. If you cannot control the pain, please call the office.

1. Ibuprofen, 800mg, take 1 tab 3 times a day. If you have severe pain, take 1 tab of Tylenol ES, 500mg at the same time with Ibuprofen if you don't have any stomach ulcer, kidney, or liver problem. This combination works as well as Norco.

2. Norco, 5mg, take one tab 4 times a day, especially at night.
3. Amoxicillin, 500mg/ 875mg take 1 tab 3 times / 2 times a day for 7 days.

PERIODONTAL DRESSING (if provided)

Following your surgery, a pink plastic-like material called periodontal dressing may be placed around your teeth. This dressing acts as an oral bandage. It should remain in place until your next appointment when it will either be removed or replaced. Parts of the dressing may chip off - this is not a problem unless it causes discomfort. After 7 days of dressing removal, you can clean the surface of the graft gently with a cotton swab dipped in 0.12% chlorhexidine twice a day for 2 weeks and brush with extra an soft toothbrush. Maintain good plaque control throughout the course of therapy and return at 3 month intervals for supportive periodontal therapy.

ORAL HYGIENE

Do not brush or disturb the surgical site in any way. After surgery, you may begin using Peridex daily, rinsing twice a day for a full 30 seconds, spit out, and DO Not eat or drink water or anything for 30 minutes.

Brush all your teeth as usually but do not brush or touch the surgery site for one week until Dr. Nguyen shows you how to do it at POST-OPERATIVE check visit a week or two weeks later. Remember that the remainder of your mouth should be cleaned as usual, being very careful not to disturb the surgery site.

STAYPLATE (If you have one)

The stay plate will be in your mouth following the surgery. Please follow your individual instructions given after your surgery.

IT IS BEST TO EAT SOFT FOODS

NUTRITION, EXERCISE & SMOKING

1. It is essential to maintain an adequate diet after surgery.
2. Avoid hard, chewy, or spicy foods. Citric acid (orange juice and grapefruit juice) may sting. Foods with small seeds should be avoided.
3. Fluid intake is very important. Try to drink 8 glasses of fluids per day. This can help avoid a slight fever following the surgery.

4. Get plenty of rest and avoid strenuous activity, including but not limited to running, jogging, working-out, aerobics, rowing, and other activities that raise your pulse for seven days after surgery.
5. Smoking is very detrimental to proper healing from surgery. Your best chance for success is to quit smoking. If you continue to smoke, you will significantly decrease your chances for a successful procedure, and healing in the surgical site will be significantly compromised.

Below are some foods which are nourishing and require little chewing:

- Soup/broth, pasta, soft rice, mashed potatoes, yogurt, pudding, jell-o, eggs, milkshakes, protein powder drinks
- Cold or room temperature foods are recommended for the first day
- Avoid alcoholic beverages for the first few days
- Remember, you will always do better if you continue to eat a balanced diet
- **Do not use a straw at any time.**

IF YOU CANNOT REACH YOUR DOCTOR, AND YOU HAVE A MEDICAL EMERGENCY, PLEASE GO DIRECTLY TO YOUR NEAREST HOSPITAL EMERGENCY ROOM OR CALL 911

GENERALIZED HEALTHY POST-OP MEASURES

- **** DO NOT SMOKE**
- **** Water:** Drink 1-2 quarts per day
- **** Non-fat yogurt:** 1-2 cups/day (a soft, good source of calcium, protein, and beneficial pro-biotics, especially important when taking antibiotics)
- **Protein Supplement:** "Muscle Optimeal" made by "Jarrow" is an excellent whole meal and protein supplement to add to smoothies, 1 ½ to 3 scoops per day until you can return to a normal chewing pattern
- Limit caffeine intake to no more than 2 cups/day
- Limit alcohol intake
- Reduce sodium intake

AFTER SURGERY SUPPLEMENTAL NUTRITION & CARE

The Products on this page are available at most health food stores and pharmacies

NUTRITIONAL SUPPLEMENTS

To maximize your body's healing potential, the following supplements are recommended for at least 4 months post-operatively

- **** Calcium/Magnesium** (1500 mg of calcium per day): 500 mg tablet with each meal. Purchase a supplement that has Magnesium provided with the Calcium
- **** Vitamin C** (2000 mg per day): 500 mg per meal and one at bedtime
- **** Vitamin D** (800 IU per day)
- **Vitamin E** (400 IU per day): make sure the product includes mixed tocopherols and tocotrienols
- **Glucosamine/Chondroitin** (1500 mg/1200 mg per day)

TO REDUCE SWELLING AND BRUISING

- Arnica gel or cream: apply topically 3 to 4 times per day to affected areas
- Bromelain (200-400 mg): Take 3 times a day on an empty stomach at least 90 minutes before or three hours after eating. Take for one week

**** Items marked with asterisks are the most important**