



Instructions for patients following Periodontal/LANAP Surgery

If you were prescribed medications and are experiencing adverse reactions, (ie. stomach upset or rash), discontinue the medication and call the office. If you experience shortness of breath or throat swelling, call 911. You may be having a severe allergic reaction and require immediate medical attention.

Things to expect

- **Bleeding**

Traces of blood may occur in the mouth for several hours after the surgery. Blood mixes with the saliva and makes the bleeding appear more significant.

- For active bleeding, apply WET gauze with pressure to the area involved. Apply this for about 10 minutes, and repeat if necessary. A wet tea bag may also be used. If there is a question about the severity of the bleeding after you have applied pressure, please call our office.

- **Swelling**

Swelling is a normal side effect of oral surgery. The swelling may increase over the first week. To minimize swelling we recommend applying an ice pack to the outside of the affected area for approximately for 20 minutes. Take a 10 minute break, then repeat. Do this for the first 8 hours.

- **Surgical Dressing**

A surgical dressing may be placed over the surgical site. We expect the dressing to come off before your post-operative visit. Please discard the dressing. There is no need to inform the office.

Homecare

- **Brushing/Rinsing**

No brushing or flossing the day of the surgery. Follow the instructions on the Stella Life mouth rinse box until you return for your post-operative appointment. **DO NOT** brush or floss around surgical area(s) until you return for your post-operative appointment. For untreated areas, you may resume your normal home care after 24 hours.

- **Activities**

Limit physical activity for 2-3 days after surgery. Please refrain from exercise, running or heavy lifting. Over activity can lead to additional swelling and pain and jeopardize the outcome of your case.

- **Food**

Foods that are particularly difficult to chew should be avoided. Soft, solid, high protein foods are recommended throughout the first two weeks of healing. (Ex: hearty soups, mashed potatoes, tuna, boiled chicken, mac and cheese, and yogurt). If possible, please avoid chewing on the side where surgery was performed. If the surgery has been done in the front of the mouth, avoid biting down on the front teeth. Finally, drink plenty of fluids to stay hydrated.

- **Smoking**

Smoking has been proven to have an adverse effect on healing. Therefore, we advise that you not do so during the healing process.

Emergency contact information: Dial 248-2626 (office) and follow the prompt. You will press #7 for Dr. Silverstein and #8. Leave a detailed message and your call will be returned promptly.

Dr. Silverstein's home # (513) 469-2779