

Phillip J. Ernst, D.D.S., M.S.

Practice Limited to Periodontics

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POSTOPERATIVE INSTRUCTIONS

DISCOMFORT: Following surgical treatment some discomfort may be noted. Usually Tylenol (acetaminophen) or any anti-inflammatory like Advil, Motrin or aspirin should be sufficient if taken as directed. Occasionally prescription medication is used and should be taken as directed. Caution is necessary when driving or operating equipment if codeine is used as a medication.

SWELLING: Some swelling may be noted following periodontal surgical treatment. Ice packs may be applied to the treated side for five minutes on and then ten minutes off for the first hour or so the day of treatment. Should swelling persist after the first day or two or if an increase in swelling is noted after the first two days, please call the office.

DRESSING AND SUTURING: Nonresorbable sutures and protective packing (dressing) are placed following surgical treatment. The dressing should stay in place fairly well. Occasionally pieces of the dressing may loosen. If this occurs you may gently remove them. Generally the pack does not need to be replaced if it loosens, however, if the are is uncomfortable, please contact the office.

BLEEDING: Minimal bleeding should be noted postoperatively. Occasionally a slight redness may be noted in the saliva for the first several hours. If you should note any more bleeding than this, please contact the office.

DIET: Generally a soft diet is recommended the day of surgery. Regular diet can then be started the day after surgery, but chewing should be done on the side opposite the side of surgical treatment.

HOME CARE: Gentle rinsing with warm salt water (1/2 teaspoon of salt per glass of warm water) should be started the day following surgical treatment. Rinse four to five times per day if possible. Brushing and flossing should still be completed on those teeth not surgically treated. After dressing and suture removal in one week, brushing and flossing can be started on the operated side. Additionally, rinsing with Listerine could be done one or two times per day.

SPECIAL INSTURCTIONS:

If there are any questions or concerns, please call the Norfolk office at (402) 371-4885 or the Columbus office at (402) 562-8001. If after hours please call Dr. Ernst's home at (402) 563-4561 or his mobile number (402) 276-0556.

Thank you.