



## PRE-OPERATIVE CARE

For your upcoming procedure, your medications will be sent into your pharmacy a week before your scheduled procedure. *Please pick up your prescriptions within 7 days after they are sent in, to avoid them being returned to the shelf.*

### 1. Antibiotic:

Starting: 1-2 days prior to your procedure depending on your doctor's instruction. Please refer to your prescribed antibiotic for specific instructions. This is both to treat any infection, but also a preventative measure for your surgical procedure. We suggest you take this ***with food*** for your own comfort. It is important to finish this medication.

### 2. Pain Medication:

Starting: We suggest taking the prescribed pain reliever one 1 hour prior to your procedure. We also suggest taking this ***with food***.

We generally prescribe Ibuprofen 600mg, which has an anti-inflammatory agent, which will help alleviate any discomfort. We recommend that you take it 3x per day (every 8 hours) in a 24 hour period. IF you cannot take this medication, your doctor will prescribe an alternative.

If you feel you need a little more relief, we recommend adding two Extra-strength Tylenol. You can take up to four extra-strength Tylenol in a 24 hour period. If you feel you need something stronger, please do not hesitate to contact us regarding options.

### 3. Mouth Rinse: Chlorhexidine

Your doctor will also send in a prescription mouth rinse. This will keep the surgical area clean and free of bacteria during healing time. You will be using the prescribed mouth rinse for 10-14 days. This is in place of brushing the surgical site; you will not be able to brush in this area. Gently rinse twice a day starting the following morning after the procedure.



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## POST-OPERATIVE CARE

*We also ask that you:*

- DO NOT DRINK** from a straw for at least two weeks-this causes pressure that will cause unnecessary bleeding
- DO NOT EAT** foods that are spicy as this can irritate the surgical site
- DO NOT EAT** acidic foods as this too can irritate the surgical site
- STAY AWAY FROM** foods with seeds as they can get stuck in the area.

The following information is given to you to help you understand your post-operative instructions following your periodontal surgery:

- Medication has been prescribed for you. It is very important that you follow our instructions carefully.
- In case of swelling, we recommend placing an ice pack on the exterior portion of your face for fifteen minutes every hour for several hours to reduce the swelling that you may experience.
- You may brush and floss all other areas in your mouth. ***Please stay away from the surgery site.***
- Your diet may stay the same as usual but favor this area. ***Softer foods*** are recommended for a few days. (Chicken, fish, pasta, eggs, yogurt, soup, etc.). Please stay away from hard, crunchy, seedy food.
- Post-operative office visits have been scheduled two (2) weeks following your surgery. Please keep these appointments, as it is important for us to remove sutures and to check the healing process.
- Avoid strenuous activity for 24 hours after your surgery.
- It is normal to find blood in the saliva for the first 24 to 48 hours. If bleeding occurs, place a piece of dampened gauze and bite down on it for 10 minutes if necessary. You can also take a tea bag, dampen it with warm water and bite down on the tea bag to alleviate bleeding.
- Please make a conscious effort to not sleep on the side of your surgical procedure as this can cause inflammation and discomfort.

**If you have an emergency after hours:**

- Dr. Erich Schmidt can be reached at: 413.770.1718
- Dr. Sebastien Salzmann can be reached at: 407.800.8025
- Dr. Martin Talia can be reached at: 617-444-9804
- Dr. Diego Rodriguez can be reached at: 787.605.5790
- Dr. Michael Williams can be reached at: 413.329-2670

**Our Locations:**

- Western MA Periodontics: 435 South Street, Pittsfield/Great Barrington - 413.445.4592
- Western MA Periodontics: 120 South Street, Pittsfield - 413.442.7855
- Western MA Periodontics: 269 Locust Street, Unit F1, Florence, MA 01062 - 413-341-9844
- Nobel Perio: 158 Main Street, Agawam, MA - 413.786.2341
- Marlboro Advanced Dental Specialists: 201 Boston Post Road W, Suite 409B - 508.363.4400