

After Osseous Surgery

Post-operative instructions for osseous (pocket reduction) surgery. Please review carefully.

Keep this document for reference during your recovery.

For emergencies, contact your treating office immediately. For general questions, email info@yantperio.com.

First 24 Hours

- **Bleeding:** Some bleeding and oozing is normal. Bite gently on gauze for 30 minutes if bleeding occurs. If bleeding persists, apply a moistened black tea bag with firm pressure for 30 minutes. Contact your treating office if bleeding does not subside after two attempts.
- **Ice:** Apply ice packs to the outside of your face over the surgical area, 20 minutes on and 20 minutes off, for the first 24 hours. This significantly reduces swelling.
- **Rest:** Rest for the remainder of the day. Keep your head elevated above your heart, including while sleeping. Use an extra pillow.
- **No rinsing:** Do not rinse, spit forcefully, or use a straw for the first 24 hours. This can dislodge the blood clot and delay healing.
- **No smoking:** Do not smoke or use any tobacco products. Smoking significantly delays healing and increases the risk of complications.

Medications

Take all prescribed medications as directed. For pain control, alternate Ibuprofen 800mg and Tylenol (Acetaminophen) 1000mg every 3 to 4 hours. Do not exceed 3,200mg of Ibuprofen or 4,000mg of Tylenol in a 24-hour period (these maximums are for healthy adults; those with liver or kidney disease should consult their physician). If an opioid was prescribed, take it in place of Tylenol alongside Ibuprofen.

Why we recommend both: Ibuprofen and Tylenol work through different mechanisms. Ibuprofen is an anti-inflammatory that reduces swelling and pain at the surgical site. Tylenol blocks pain signals in the brain. When alternated together, they provide significantly better pain relief than either one alone. If you are only able to take one medication, Ibuprofen should be your first choice because controlling inflammation after surgery is critical to both pain management and healing.

If you received Exparel (long-acting anesthetic): Exparel provides numbing at the surgical site for approximately 3 days. Even though you may feel comfortable during this time, we still strongly recommend taking Ibuprofen on schedule throughout those 3 days. When the Exparel wears off, you will experience pain if you have not been keeping up with your anti-inflammatory medication. Staying ahead of the pain is much easier than trying to catch up once it starts.

If antibiotics were prescribed, take the full course as directed even if you feel better. Do not skip doses.

If a medicated mouth rinse (chlorhexidine) was prescribed, begin using it 24 hours after surgery. Rinse gently for 30 seconds twice daily. Do not eat or drink for 30 minutes after rinsing.

Diet

First 24 hours: Eat only cool or room-temperature foods. Hot food and beverages can increase bleeding and may burn your mouth if you are still numb from anesthesia.

First 2 weeks: Eat soft foods only. Avoid anything crunchy, sharp, tiny, spicy, or acidic. Small particles like seeds, rice, and nuts can become lodged in the surgical site.

- **Good choices:** Scrambled eggs, Greek yogurt, mashed potatoes, smoothies (no straw), protein shakes, lukewarm soup (after the first 24 hours), soft fish, oatmeal, avocado, cottage cheese.
- **Avoid:** Chips, nuts, popcorn, seeds, rice, toast, raw vegetables, spicy foods, citrus, tomato sauce, alcohol.

Stay well hydrated. Drink plenty of water throughout the day.

Oral Hygiene

Do not brush or floss the surgical area for the first week.

You may brush and floss teeth in non-surgical areas normally. After one week, you may begin gently brushing the surgical area with a soft or ultra-soft toothbrush. Be extremely gentle around the gum line.

Do not floss the surgical area until your sutures have been removed at your follow-up appointment.

After 24 hours, you may rinse gently with warm salt water (1/2 teaspoon of salt in 8 ounces of warm water) or prescribed chlorhexidine rinse. Let the rinse flow gently out of your mouth rather than spitting forcefully.

Sutures

Your sutures are long-term dissolvable and will dissolve on their own within 21 to 30 days. However, we will typically see you at a follow-up appointment approximately 2 weeks after surgery to evaluate healing and remove the sutures at that time.

Do not pull on, cut, or try to remove sutures yourself. If a suture comes loose or falls out on its own before your follow-up appointment, do not be alarmed. Rinse gently with warm salt water and continue your recovery as directed.

Activity

Avoid strenuous physical activity, heavy lifting, and bending over for at least 72 hours. Exercise increases blood pressure and can cause renewed bleeding at the surgical site. You may resume light activity after 3 days and return to full activity after one week, as tolerated.

What to Expect During Healing

- **Swelling:** Swelling is normal and typically peaks on days 2 to 3. It will gradually resolve over 7 to 10 days.
- **Bruising:** Bruising of the gums, cheeks, or chin may occur and will resolve on its own within 7 to 14 days.
- **Sensitivity:** Teeth in the surgical area may feel sensitive to hot and cold temperatures. This is normal and will improve as the tissues heal. To reduce sensitivity, apply PreviDent (prescription fluoride toothpaste) directly to the teeth near the gum line in the surgical area. You can apply it with your finger or a soft toothbrush and leave it in place. Do not rinse it off. Use it daily until the sensitivity resolves.
- **Spaces between teeth:** You may notice spaces between teeth that were not present before surgery. This is normal and results from the reduction of swollen tissue. These spaces typically decrease as healing progresses.
- **Jaw stiffness:** Limited mouth opening may occur, especially after surgery in the back of the mouth. Gently stretch your jaw with slow opening exercises. This resolves within 1 to 2 weeks.

When to Contact Us

- Excessive or uncontrollable bleeding that does not respond to gauze or tea bag pressure
- Severe pain not controlled by prescribed medications
- Fever above 101.5 degrees Fahrenheit
- Significant swelling that worsens after day 3
- Allergic reaction to any medication (rash, hives, difficulty breathing)
- Any concerns or questions about your recovery