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## Post-Operative Instructions

- 1) Apply an ice pack on & off for 15 minutes. Repeat for 5-6 hours. This is important to prevent swelling. Head should be elevated during the first 24 hours.
- 2) No hot food or drink for two days. Luke-warm soup, Jell-O, pudding, yogurt, cottage cheese, bananas, and milk shakes are recommended for the first evening. Eat soft foods the next day.
- 3) **NO STRAWS.** Sucking can dislodge blood clots. If you smoke, cut back...smoking will interfere with healing. If you have to smoke, inhale very gently.
- 4) **NO SPITTING.** A small amount of bleeding is normal. If bleeding persists, a moist tea bag may be applied to the area with firm pressure. This will almost always stop the bleeding. An ice pack may also be applied to the outside area.
- 5) **DO NOT USE TOOTHPASTE FOR THREE (3) DAYS.** It is okay to brush your teeth with warm water starting the next day.
- 6) Limit talking the day of the procedure.
- 7) Rinse with **Chlorhexidine (Peridex or Periogard).** Start tomorrow morning. Use twice daily, as directed. Do not eat or drink anything for 30 minutes after rinsing.
- 8) Take Ibuprofen (600 mg) with a glass of water or milk every four (4) hours for two (2) days. **DO NOT TAKE ON AN EMPTY STOMACH.**
- 9) **Hydrocodone** is a strong pain medication and is only to be used if absolutely necessary. It can be taken along with Ibuprofen.
- 10) Generally, normal activity can be resumed the following day; however, strenuous exertion should be avoided for two (2) days following treatment.
- 11) If problems do occur, please feel free to contact Dr. Franklin on his cell phone **(270-723-1185).**
- 12) Tooth sensitivity to hot/cold is normal for several months following some surgical procedures. You will be instructed in new cleaning techniques. The cleaner you keep your teeth, the fewer problems you will have with sensitivity.