

PERIODONTAL SURGICAL AND IMPLANT SURGICAL INSTRUCTIONS

The following information has been prepared to help answer questions you may have regarding the periodontal surgical or implant surgical procedure. Please read these instructions carefully. Our experience has shown them to be very helpful.

PRE-OPERATIVE INSTRUCTIONS (BEFORE)
www.dreigh.com

A. For patients having treatment at the Reading Hospital or SurgiCenter under general anesthesia:

Follow the Hospital or SurgiCenter pre-operative instructions.

B. For patients having treatment at Dr. Reigh's office:

1. If you are receiving Ativan (pill) or another oral sedative then you must be driven to and from the office by a legal, responsible driver.
2. Eat an average meal unless you are going under general anesthesia at the hospital/surgicenter.
3. Bring CATScan Stent (if applicable).
4. Wear light clothing – you will be draped.
5. If instructed take prophylactic antibiotic 1 hour prior to surgery.
6. Take pain medication if prescribed one hour prior to surgery.
7. Discontinue aspirin products 4 days prior to surgery and Vitamin E, garlic, and fish oil supplements 7 days prior to surgery.
8. If you are taking Insulin continue on your regular Insulin and meal schedule.
9. Limit liquids 1 hour prior to surgery.
10. Do not wear makeup.
11. Do not drink alcohol 24 hours prior to surgery.
12. Do not self-medicate. Inform the office of all prescription and non-prescription drugs you are taking.
13. Inform the office of any medical/health changes that have occurred from the time of your last visit.

POST-OPERATIVE INSTRUCTIONS
www.drreigh.com

AFTER SURGERY:

REMEMBER TO TAKE MEDICATIONS AT PRESCRIBED TIMES:

ANALGESIC: as prescribed for pain _____

ANTIBIOTIC: if prescribed _____

MOUTHWASH: as prescribed _____

Eat a well-balanced semi-soft diet during the week and avoid eating on the surgical site.

Suggested foods:

- | | | |
|-------|---------------------|-----------|
| Milk | Finely minced meats | Yogurt |
| Eggs | Soft fruits | Ice Cream |
| Fish | Juices | Pasta |
| Stews | Soups | |

(OVER)

Phil. 4:8-9

PRECAUTIONS: You do not want to disrupt the blood clot or disturb the surgical site, therefore:

NO SMOKING, NO SUCKING ON A STRAW, NO VIGOROUS SPITTING, NO HARD FOODS for 7 days. NO STRENUOUS EXERCISE for 48 hours.

BEGIN USING PRESCRIPTION MOUTHWASH the evening of the surgery. DO NOT RINSE VIGOROUSLY. Hold mouthwash at surgical site for 30 seconds; then expectorate. Swishing mouthwash may dislodge the packing and prolong bleeding..

DO NOT BEGIN BRUSHING YOUR TEETH until the morning after the surgery. Brush all teeth except surgical area. Brush twice daily and floss once daily. Use a manual soft bristle brush. Do not use a sonic or electric toothbrush for 2 weeks post-surgery. Do not push on the surgical site.

PAIN: When the anesthesia wears off, you may have some pain or discomfort from the operation, which varies depending on the type and extent of surgery. Please take the recommended pain medication and call if the pain is not manageable.

SWELLING: An ice pack should be applied to the outside of the face over the surgical site as soon as possible. DO NOT USE LONGER THAN 3 HOURS AFTER SURGERY. Apply an ice pack to the outside of the face over the surgical area(s) as soon as possible - on and off every 15 minutes for three hours. No ice should be used after the first day. This greatly minimizes swelling; however, some swelling is part of the normal healing process and to be expected. The swelling should peak in 3 days and gradually subside.

BLEEDING: A slight amount of bleeding (seepage) is normal for the first 24 hours after the surgery. In case of prolonged or excessive bleeding:

1. Apply firm pressure for 30 minutes to the bleeding area with warm, moist tea bags or gauze. Do not remove the tea bags during this interval to examine the area.
2. Remain in a sitting position while applying pressure.
3. If bleeding continues call the office (610-777-7002).

CALL THE OFFICE:

IF EXCESSIVE BLEEDING OCCURS.

IF BLEEDING SEEPAGE CONTINUES for more than 24 hours after surgery.

IF SWELLING CONTINUES after 3 days.

IF YOU FEEL WEAK, have chills or a fever.

IF YOU HAVE ANY SIDE EFFECTS to prescribed or OTC medications, i.e. rash, hives, diarrhea, dizziness, etc.

IF YOU HAVE AN AFTER HOURS EMERGENCY, CALL DR. REIGH AT 610-582-9051

IF YOU HAVE A TRUE MEDICAL EMERGENCY GO DIRECTLY TO THE NEAREST EMERGENCY ROOM.