



GENERAL DENTISTRY

14221 Northwest Blvd Suite 107

Corpus Christi, TX 78410

Phone: (361) 387-3559 / Fax: 361-881-4400

Dr. Kent M. Hamilton D.D.S 210-551-8360

Patient Instructions for After Surgery

1. Slight bleeding is to be expected for at least the first 12 hours. If heavy persistent bleeding occurs, clear away large clots and attempt to locate the source. Then, use an ice cold salt water solution or strong iced tea held in mouth for a minute or two, repeating several times. If significant bleeding persists call for instructions.
2. Take the prescribed pain pill one hour following the surgical procedure as well as one before bedtime.
3. Use ice packs intermittently every 20 minutes for the day of your surgery only.
4. Following periodontal surgery a packing is placed around the gums to hold, protect and comfort the recontoured tissue and sutures. As this dressing requires approximately one hour to set, avoid talking, smoking, eating or drinking hot fluids during this time period. Do not rub your face in the surgical area, or “play” with the dressing with your tongue.
SMALL PIECES OF THE DRESSING WILL START TO BREAK OFF IN APPROXIMATELY 3-5 DAYS, THIS IS NORMAL. If there is any discomfort or heavy bleeding after the dressing comes out please call the office.
5. **DIET.** The day of surgery and the day after your diet should consist of milkshakes, ice cream, yogurt, jello, pudding and plenty of cold fluids. Diabetic may substitute with sugar free items such as, protein enriched shakes etc. We recommend you begin your cold diet approximately one hour following surgery. You may begin a warm soft diet on the third day following surgery. Maintain a soft diet for two to four weeks after surgery.

The following are recommendations for after surgery;

- Eggs in all forms
- Soups, bouillons, chowders, and pasta
- Soft meats such as meatloaf, canned tuna, salmon, potted meats, and finely ground boiled chicken



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- Soft pureed vegetables such as, potatoes, peas, beans, carrots, asparagus, etc
 - Fortified low fat milk, buttermilk, cottage cheese, and yogurt
 - Unsweetened juices and protein shakes
 - Eat three meals a day and drink at least 6-8 glasses of water per day.
6. Cleaning the mouth; Use only gentle salt water rinses the remainder of the surgery day and continue for the **ENTIRE WEEK FOLLOWING SURGERY**. The day of surgery and the day after your rinses should be cool. On the third day begin rinsing with hot salt water rinses (about as hot as a cup of coffee). You should rinse 3-4 times a day. The day after surgery you may begin clearing away any food debris around packing by swabbing area with a q-tip. **DO NOT BRUSH AREAS WHERE PACKING IS PLACED FOR THE FIRST WEEK FOLLOWING SURGERY.** Be sure to throw away your old toothbrush, we will give you a new one.
 7. It is common to run a low grade fever for the first day. If this continues or is a high fever please call our office.
 8. Patients who take aspirin or other blood thinners daily may resume taking medications immediately following surgery.
 9. **IMPLANT PATIENTS; DO NOT BRUSH IMPLANTS UNTIL INSTRUCTED TO DO SO.** Do not confuse gauze with packing. If you have an implant or had an extraction dispose of gauze after 20 minutes. If you are still bleeding and change your gauze to a fresh one remove after 20 minutes.
 10. All surgery patients will be given a prescription for a medicated mouth wash at your one week post operative appointment.



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Dr. Hamilton will call you the day of or the day after surgery. If you have any questions about the surgery or your medications please write them down so you can remember to ask them when he calls.

*******If you have any questions or concerns or if an emergency should arise please call 210-551-8360. This phone is answered 24 hours a day.*******