



## JOSE I. ARAUZ, DMD, PA

PRACTICE LIMITED TO PERIODONTICS AND DENTAL IMPLANTS  
DIPLOMATE OF THE AMERICAN BOARD OF PERIODONTOLOGY

200 Doctors Drive, Suite N  
Jacksonville, NC 28546

(910) 577-1315 main

fax (910) 577-1078

---

### POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY

1. MEDICATIONS FOLLOWING SURGERY: Pain medications are to be taken every 6-8 hours, whether needed for pain control or not, to control inflammation. No alcohol should be consumed with narcotic pain-relieving medications. **ANTIBIOTICS SHOULD BE TAKEN EXACTLY AS PRESCRIBED.**
2. PERIODONTAL DRESSINGS: A dressing may have been placed over the surgical area. Please do not disturb this pack until your next appointment. If small parts of it come out after 24 hours, do not be concerned.
3. BLEEDING: Some bleeding often occurs following surgery. If heavy bleeding is noted, apply moderate pressure with a moist gauze pad or a moist tea bag over the bleeding site for twenty minutes. If this does not control the bleeding, contact our office or Dr. Arauz on his cell phone immediately. Under no circumstances should rinsing be used to try to stop the bleeding.
4. SWELLING: Some swelling of the face can occur following periodontal surgery. It can be minimized by applying ice to the face in the area of surgical treatment for 15-20 minutes on and 15-20 minutes off, for the remainder of the day of surgery. Sleep elevated for 5 days after surgery to reduce swelling. Swelling should begin to disappear in 5 days after surgery. If the swelling does not go down or if your face should begin to swell 6 days after surgery, contact the office or call Dr. Arauz on his cell phone.
5. ORAL HYGIENE: Brushing and flossing in any areas not involved in the surgery can be maintained normally. **Do not brush or floss surgical area until after your post op. check.**
6. DIET: Eating should be avoided for at least 2-3 hours after the surgery. Only cool liquids and cool soft foods should be consumed on the day of surgery. Begin with cool liquid foods such as smoothies, pudding, yogurt, applesauce and juices. A soft diet can be started when you feel more comfortable. Eggs, soups, mashed potatoes and pureed foods are great choices for the first 3-5 days. A diet high in protein would be the most beneficial for good healing. Hot, hard or spicy foods should be avoided for at least 2 weeks after surgery.
7. PLENTY OF REST: is extremely important the day of surgery. In most cases you may resume normal activities (work, exercise, etc.) the day after surgery.
8. CHLORHEXIDINE RINSE: may cause staining of the teeth. This is normal and will come off when you see your hygienist for a cleaning.
9. IF ANY PROBLEMS ARISE: i.e, itching, rash, nausea, diarrhea, constipation, weakness, bleeding, etc., please do not hesitate to call Dr. Arauz at any time, day or night. Problems are rare, but when they do occur it is better to treat them as soon as possible. If you are unable to reach Dr. Arauz on his cell or at the office, call your general dentist.
10. **PLEASE DO NOT SMOKE.**

Jose I. Arauz, D.M.D  
Office Phone- (910) 577-1315  
Cell Phone- (910) 320-2727

---

Creating A Strong Foundation For Your Beautiful Smile!