



Dr. Murray Rabalais - Periodontics
Instructions Following Soft Tissue (not laser) Surgery

1. Some discomfort may be experienced following surgery. Have your prescription filled and begin taking it as directed before the anesthesia wears off. Continue taking the pain medication only if necessary.
If you were given a prescription for Lodine (etodolac) take one tablet right after surgery with food. Take another tablet 6 hours after the first dose. Take 2 Extra Strength Tylenol tablets between the Lodine (etodolac) doses. In other words approximately 3 hours after you have taken the Lodine (etodolac) you will take 2 Tylenol tablets. Then 3 hours following the Tylenol dose you will take another dose of Lodine. We have found that this medication combination works extremely well.
2. A pink tinge to your saliva is to be expected and results from a slight oozing or seepage of blood mixing with your saliva. The discolored saliva should clear up within 24 hours. If excessive bleeding should occur, place wet gauze or a small folded piece of wet paper towel against the area. Hold steady pressure against the area for 30 minutes. Repeat if necessary.
3. Limit your physical activity for a few days following surgery.
4. Some swelling is normal following periodontal surgery. To minimize swelling, we suggest that for 2 to 3 hours following the surgery you place an ice pack on your face next to the surgical area. Leave it in place for 5 minutes then remove it for 5 minutes.
5. Healing will be rapid if you maintain a well balanced soft diet including lots of fluids. Avoid hard, spicy, hot foods and beverages.
6. Approximately twenty-four hours following surgery begin using warm salt water rinses every 3 to 4 hours to promote healing and reduce soreness. Mix ½ teaspoon of salt with a glass of warm tap water. Frequent rinses with mouthwash will minimize any unpleasant taste in your mouth.
7. Brush and floss your teeth as usual except in the surgical areas. Clean only chewing surfaces of the surgical teeth using a Q-tip or soft toothbrush while the dressing is in

place. When the dressing has been removed, or if no dressing was used, clean your teeth as best you can using Q-tips or a soft brush and floss.

8. Please contact the office or Dr. Rabalais at home if you develop: a) bleeding which cannot be controlled by pressure b) excessive swelling or elevated temperature c) abnormal reaction to medication such as rashes, itching or nausea.
9. A putty-like dressing may be placed over the surgical area for your comfort. The dressing will be removed by you or in our office in _____ days. Should the dressing become dislodged, do not be concerned. After removal of the dressing you may experience increased sensitivity to cold and hot liquids. This sensitivity will gradually decrease. The cleaner the teeth are kept the quicker the sensitivity decreases.

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