

Dr. Murray Rabalais - Periodontics

Instructions Following 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 etodolac take one tablet approximately one hour before surgery with food. Take another tablet 7 to 8 hours after the first dose. Take 2 Extra Strength Tylenol tablets between the etodolac doses. In other words approximately 3 to 4 hours after you have taken the etodolac you will take 2 Tylenol tablets. Then 3 to 4 hours following the Tylenol dose you will take another dose of etodolac. 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. To minimize discomfort and swelling place an ice pack on the surgical area 5 to 10 minutes on and 5 to 10 minutes off for 24 to 48 hours while awake.
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 48 hours following surgery begin using warm salt water rinses, rinse gently 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' cell 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.

Office phone: Houma (985) 872-2218
New Iberia (337) 367-6146

Dr. Rabalais
cell (985) 856-2754
home (985) 448-3362