



**Otis R. Washington, D.D.S., M.S., P.A.**  
*Diplomate of the American Board of Periodontology*

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### **Post Surgical Instructions**

- ❖ **Avoid:** Smoking, alcohol, mouthwashes (unless prescribed; most mouthwashes contain alcohol), drinking through a straw, spitting, & touching the surgical site.
- ❖ **To control swelling during the first 24 hours:** Apply ice pack with firm pressure to site for 20 minutes on & 10 minutes off for the remainder of the day.
- ❖ **Also to control swelling:** Eat & drink only cold, soft foods & liquids (i.e.: Ice cream, ice water, and iced tea.)
- ❖ **For discomfort:** If medication has been prescribed, take as instructed. For Lodine, take 1 pill 3 times a day
- ❖ **After 24 hours:** Rinse with warm salt water, 3 times a day, preferably after meals. Mix 1 teaspoon of salt to 8 oz. of warm water. This will greatly encourage the healing process. If prescribed Perioguard Rinse, use twice daily, morning and night. After each rinse, dip toothette sponge in a capful of Perioguard and rub on teeth in the area of treatment.
- ❖ **Brushing:** A clean mouth heals quickly! Brush the rest of your teeth as normal, but avoid directly brushing the surgical site as you may loosen the stitches.
- ❖ **Nutrition:** Adequate food intake is important following your surgery.
- ❖ **Allergic Reactions & Discomfort:** If you experience a generalized rash or itching, or if you are experiencing unusual amounts of discomfort, or if you find you cannot tolerate chewing soft foods, call the office immediately during office hours or contact Dr. Washington directly using the number below.

#### **Office Hours**

Monday – Thursday 8:00-5:00 pm

**Dr. Washington After Hours Number for Emergencies Only**  
919-604-4765