

in some patients taking this medication, which can result in a severe sunburn type response. If you are pregnant, you should not take doxycycline or other tetracyclines because it may cause tooth discoloration. Doxycycline, in addition to other antibiotics, may decrease the effectiveness of oral contraceptives. An alternative form of birth control is recommended while taking doxycycline.

Tylenol (Acetaminophen): (Can be taken 325mg–650mg every 4–6 hours) This is an over the counter pain reliever that can be taken while breast-feeding. It is contraindicated to those that are allergic to acetaminophen, or those who have a known G-6PD deficiency.

Vicodin ES (Hydrocodone + Acetaminophen): This is a narcotic used to control moderate to significant pain, however this is not an anti-inflammatory, therefore, can be used in conjunction with Motrin to dissipate any inflammation. This medication contains a derivative of codeine, which is a narcotic, and has been shown to be habit forming. It can also make you drowsy, so avoid operating any machinery, making business decisions or driving while taking this medication. Take 1 tablet every 6 hours for the pain and can also be taken in conjunction with Motrin. It is contraindicated for patients with a known G-6PD deficiency: hypersensitivity to acetaminophen, hydrocodone. Alcohol consumption while on this medication is contraindicated. The most common adverse

effect is nausea. Make sure to take with food or a full 12 oz. glass of water. If it still should occur, discontinue its use and consult the doctor. Constipation may also occur, requiring you to take a laxative. Inform your dentist if you are on a MAO inhibitor, or antidepressant, before taking this medication.

Peridex (chlorhexidine Gluconate): This is a mouthwash used to kill the bacteria in the surgical area. Take ½ oz. of mouth rinse, swish for a full 30 seconds, or swab the teeth with a Q-tip in the area, 2 times a day, no eating, or drinking for 30 minutes afterwards. If instructed, begin this medication 24 hours after the surgery is completed and continue for 3–4 weeks or longer, even if brushing and flossing has been implemented again. Staining of the teeth can occur, which can be polished off. If bone graft was placed, DO NOT use Peridex for the first week after surgery.

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SCHLUETER
PERIODONTICS & IMPLANTS

Periodontal Post Surgical Instructions

Care of the Mouth: It is important to maintain a high level of oral hygiene after periodontal surgery. Normal brushing and flossing procedures should be followed throughout the mouth except in the area where surgery was performed. This reduces the accumulation of bacteria (plaque), reduces the chances of infection, and minimizes unpleasant mouth odor.

Oral Hygiene at the Surgical Site: Do not floss or brush these areas the first week. If you received a gum or bone graft or have a periodontal dressing do not brush, floss, or otherwise disturb the surgical area during the first week or longer if instructed. You may use a wet cotton swab (Q-tip) to gently clean the periodontal dressing. Beginning 24 hours after surgery, rinse with salt-water (1/2 teaspoon of salt into 6–8 oz. of warm water) 3–4 times per day. Unless otherwise instructed, begin the prescribed mouthwash 1 week after surgery, gently rinsing twice daily (after breakfast and before bed) for a full 30 seconds.

Pain: It is normal for there to be varying amounts of discomfort for 1–3 days after surgery. How much and

how long it lasts depends on the type of surgery done, how long it took and your unique response to it. Everyone differs in his or her perception of and response to pain; the pain medication may not completely eliminate all pain, but should make you reasonably comfortable. If you are taking Motrin and are able to take Tylenol, 2 extra strength Tylenol in between doses of Motrin can greatly assist with pain control. It is advisable to take 1–2 doses the day prior to surgery.

Bleeding: To prevent excessive bleeding follow these steps: Cease taking the blood thinner and/or aspirin at the recommended time prior to surgery. (If you have any questions concerning this, please call the office). Don't spit, rinse, or use a straw for 24 hours after the surgery. Avoid strenuous activity for 2–3 days. Slow oozing of blood is expected and you may notice blood in your saliva for 1–2 days. If you notice continued bleeding, apply biting pressure with clean, dampened rolled-up gauze or tea bag to the area for 40 minutes. If these attempts are unsuccessful and the bleeding is excessive, call us.

Swelling: Apply an ice pack to the side(s) of your face over the surgical area for 10–15 minutes per hour during the first 24 hours after surgery. Keep your head elevated at night to reduce the swelling. Minimize the heat of your food for the next 24–48 hours to slightly warm. After 48 hours, if still swollen, a moist heated wash cloth or heating pad applied to the site will then be effective.

Diet: For the first 24 hours, restrict your diet to cool soft foods and liquids. Avoid eating crunchy foods, citrus drinks, spicy foods, alcoholic liquids, popcorn and peanuts for the first week after surgery. Do not bite food off with the teeth that have been gum tissue grafted for at least 6 weeks. No tobacco products (cigarettes, chewing tobacco, snuff, etc.) for 2 weeks. Suggested cool soft food: milk shakes, ice cream, instant breakfast drinks, junior baby food, Ensure, yogurt, cottage cheese, pudding, jello, applesauce, etc. For the remainder of the first week, warm soft food: omelets, pasta, mashed or baked potatoes, oatmeal, soup, baked fish, tuna noodle casseroles, meat loaf, cooked vegetables, etc.

Periodontal Dressing: This is pink putty like material that has been placed around the teeth in the surgical area. It is intended to provide comfort, protection, and to help position the gum tissues. *Do not brush, floss, or chew on the periodontal dressing. If the dressing comes loose or falls off, gently clean the area with a Q-tip. It is okay to remove the dressing 4–5 days after the surgery. If a dressing was placed over the gum grafted donor site, it is intended to stay until your post-operative appointment, but may become loose and fall off, which is usually not a problem. If it is too uncomfortable, please call us to replace the dressing.

**If the dressing is causing discomfort, please consult with us for it's removal.*

Important Drug Information

Motrin (Ibuprofen) ex. Advil gel caplets: (If can be taken, 600–800mg every 6–8 hours for at least 4–5 days after the surgery.) This is an over the counter medication. This is a medication used to control mild to moderate pain. The medication also has an anti-inflammatory action, helping to decrease swelling and inflammation at surgical sites. It works best when taken before the surgery followed by consecutive doses. The major side effect of Motrin is stomach upset. Take Motrin with meals, with milk or with a full glass of water to lessen this complication. If you are prone to stomach ulcers, take this medication cautiously and discontinue if you have any stomach pain, nausea, or vomiting. Do not take Motrin if you have had any allergic type reactions (itching, swelling, rash, difficulty breathing, etc.). Motrin has been reported to make some people drowsy (1 in 100).

Doxycycline: This is an antibiotic often prescribed after a bone grafting or implant. This medication has the ability to concentrate the fluid around the teeth and is effective against the bacteria in these areas. Doxycycline may upset your stomach. To decrease this side effect, take the medication with a full glass of water after eating. Esophageal irritation and ulceration has been reported if Doxycycline is not taken with adequate amounts of water. Sensitivity to sunlight or ultraviolet light has been observed