

POST OPERATIVE INSTRUCTIONS FOR MGO SURGERY (Muco-Gingival Osseous)

COMFORT

Complete rest these next few (6-12) hours will ensure early comfortable and complete healing. Comfort will be maintained by taking two Extra Strength Tylenol every three hours or Motrin (ibuprofen) 600mg to 800mg every eight hours for the first day. As aspirin is an anticoagulant, an aspirin substitute is preferred during the early healing period.

You may be given an additional (narcotic) prescription to take in place of the Tylenol or Motrin (i.e. Vicodin, codeine, etc.) if needed for comfort. Either pain medication should be taken as soon as you feel discomfort. Do not drink alcohol while taking the narcotic prescription. Do not take any medication on an empty stomach as nausea may result.

SPECIAL MEDICATION

Antibiotics or other medication may be prescribed and should be taken as directed on the label. Antibiotics should be taken until ALL tablets are used.

DIET

The importance of a nutritious diet cannot be overly stressed, PARTICULARLY during the healing period. The patient who eats healthy, soft foods feels better, remains comfortable, and heals faster.

Avoid eating on the treated side, if possible. A liquid diet may be used for the first one or two meals, such as: Fruit smoothies or juices, Instant Breakfast, warm soups, milkshakes, etc. Avoid hot spicy foods and extreme temperatures. Bland foods are kinder to the healing tissue.

Soft foods can be eaten until you feel ready to go back to your regular diet. The following require little pressure to chew and provide the necessary nutrients: eggs, cottage cheese, ground meat, bananas, cooked fish, cereals, and whole wheat bread. Vitamin C aids in healing. Therefore, fresh orange and/or tomato juice is excellent.

ORAL HYGIENE

Gentle lukewarm water rinses are helpful in the healing process and should be initiated 12 hours after surgery. You should rinse 5-6 times a day using 1/2 tsp., of salt dissolved in 8 oz. of warm water. If chlorhexidine or "Closys" rinses have been also prescribed, use 1/2 capful, for 30 seconds twice daily. Vigorous rinsing, spitting, probing, sucking, or anything that might cause suction is to be avoided. This includes smoking.

Do not brush or floss the treated area for 24 hours. **(Exception: direct contact with the brush onto implants and gum grafts should be avoided for about 2 weeks).** Thereafter, it is very important to keep the area as clean as possible. Gentle brushing and flossing of the surgical areas is recommended. A moist Q-Tip works well (especially one dipped in chlorhexidine) in aiding the removal of plaque and debris from tissue and sutures. Flossing in the treated area should be confined to the areas above the gum tissue for the present.

NOTE: With Emdogain (enamel matrix derivative) treated areas oral hygiene is modified as follows:

- 1. No brushing in the area for the first week.**
- 2. No flossing in the area for six weeks (unless instructed otherwise).**
- 3. Chlorhexidine rinses continued for six weeks.**

SWELLING

Apply an ice bag to the outside of your face, over the treated area for 15 minutes on and 15 minutes off. Ice is effective for approximately the first 24 hours. A "Baggie" filled with crushed ice or frozen peas wrapped in a towel works nicely. Continue as long as needed (3 to 4 hours is the minimum). You might be given a prescription to minimize swelling. Take as directed.

DRESSING

If a special dressing has been placed, it may be brushed very lightly to keep it clean. If small pieces of the dressing fall off, it is of no concern unless it becomes uncomfortable.

If you have a removable bridge and it has been seated over the dressing. DO NOT REMOVE IT for 72 hours. Only then, remove it carefully to clean. Then lubricate the part that touches the dressing with Vaseline and reset.

BLEEDING

Some blood will stain your saliva. This is normal. Oozing may be controlled with ice cold water held (not rinsed) over the area for a few minutes.

If continuous bleeding occurs, discontinue any rinsing, avoid exertion, and do the following:

- 1) Moisten a tea bag (preferable), or a gauze pad, or a Kleenex tissue,
- 2) Place it on the area with the thumb and index finger,
- 3) Apply CONTINUOUS FIRM PRESSURE to both sides of the area for 20 minutes WITHOUT REMOVING FOR INSPECTION.

IF BLEEDING PERSISTS, CALL THIS OFFICE: (949) 493-8857 Cell: (714) 393-5928 (after office hours).

FEVER

A slight fever or chills may occur; it is of no consequence unless it persists more than 24 hours. A persistent, low-grade temperature or one above 102 degrees should be reported.

FUTURE APPOINTMENTS

You will have been given an appointment to remove the sutures and/or dressing. They should be kept as scheduled. This will enhance the healing process.

If you have any questions, do not hesitate to contact this office. After hours, Dr. Schultz may be reached through his cell phone.

Office Phone: (949) 493-8857
Cell: **(714) 393-5928** (after office hours)