

POST OPERATIVE INSTRUCTIONS FOR BENTIPS™ PROCEDURES

MOST IMPORTANT: DO NOT HAVE YOUR TEETH CLEANED UNTIL THE DOCTOR HAS EXAMINED YOU AND VERIFIED ADEQUATE HEALING!

DAILY CLEANING (Must): Continue to brush and floss all areas of your mouth where surgery was not performed. Do not rinse your mouth the day of the surgery. The day **AFTER** surgery, start using the Peridex mouth rinse as follows: Rinse three times per day with 1 tablespoon for **ONE FULL** minute. You **MUST** use a clock/watch for this. Do **NOT** try to estimate the time. After one FULL minute, spit out the rinse. Do not rinse, eat, drink or brush your teeth for **AT LEAST** two hours after rinsing with the Peridex; plan your meals and oral hygiene accordingly. In other words, eat, drink, brush/floss, then rinse with Peridex for one FULL minute, then **DO NOT** eat, drink or rinse with ANYTHING for at least two hours afterward. The Peridex “sticks” to your teeth and helps prevent bacterial growth. If bacteria grow, the surgical site will re-infect rapidly. Start gently brushing and flossing the surgical site about 2 days after the surgery. You will know if you are hurting yourself so use pain as your guide. In other words, if it hurts, be gentler. If it doesn’t hurt, be **VERY** thorough. A little bleeding is ok and will stop in time. You are at high risk for the site to re-infect if you do not brush and floss adequately. When you can brush and floss the same as you could before the surgery, then you can stop using the Peridex. **When in doubt, keep using the Peridex as directed above!** There are several refills on your prescription, so if you run out of Peridex, simply call the pharmacy and they will sell you another bottle. Peridex tastes bad and makes everything you eat taste bad. This will stop when you stop using the Peridex. When used correctly, Peridex will stain your teeth like a coffee stain, but this can be removed at your next cleaning. Peridex does not control bacterial growth as well as thorough brushing and flossing, so the sooner you can brush/floss, the better your healing.

COLD PACK (SUGGESTED): To help reduce swelling and discomfort, place a cold pack against the side of your face over the area of the surgery as soon as possible. Hold it on for 10 minutes, and then take it off for 10 minutes. Alternate on and off like this every 10 minutes so that you don’t freeze your face. Keep doing this for at least the first 2 hours, preferably for the remainder of the day. The purpose of the ice pack is to help minimize the swelling and pain. For the first 2 days after surgery, you may use cold packs in this manner if it helps to reduce pain and swelling. Starting on the 3rd day, you may use warm packs instead of cold packs every 10 minutes, which may also reduce pain and swelling. Use either warm or cold at this point, whichever feels better to you

EATING: (Must) Do not eat or drink anything hot, chewy or hard for the rest of the day. Heat can contribute to bleeding. In addition, while the anesthetic is still in effect, numb areas can be injured by hot, chewy or hard foods. Keep taking nourishment. Try not to skip a meal. Begin by eating soft foods or liquids, but return to your normal diet as soon as possible. You will feel better, have more strength, less pain, and heal faster if you continue to eat, especially fresh fruits and vegetables. Animal products (meat/fish/chicken/dairy/eggs) should be avoided for several months or longer since they are highly inflammatory and do not contain any anti-oxidants. For those with a misplaced concern about protein intake: many vegetables such as spinach contain more protein than beef on a percentage basis.

BLEEDING: (Must) Do not use a straw or drink carbonated beverages for the first 48 hours following surgery as this can stimulate bleeding. Slight oozing is to be expected for several hours (oozing is a little blood mixed with your saliva). In the event of more significant bleeding, try to isolate the source of the bleeding and apply steady pressure to the area with a moist tea bag for 10 minutes. Repeat if necessary. If these attempts are unsuccessful, or you have other questions, feel free to call the doctor.

PAIN MEDICATION (SUGGESTED): Only take pain medication if you feel you need to. If so, we suggest that you try non-prescription, non-narcotic pain medication first as you may not need a narcotic to control the pain. Do not take the narcotic if you are driving, operating machinery or performing any other tasks that require you to be unimpaired. If you take your first pain pill **BEFORE** the numbness wears off then you will be more comfortable. Its best to “stay ahead” of the pain and not wait until the pain is severe. You may use an aspirin-free pain reliever, such as the Motrin (ibuprofen, Advil) and/or Tylenol (Acetaminophen) that you can obtain without prescription. You can take two x 200 mg Motrin tablets every six hours if you do not have stomach problems. You can take 1 x 500 mg Tylenol tablets every 4 hours. You can also combine these two non-narcotic pain medications which will reduce pain even more. Make sure you take these medications with plenty of food and liquids. You may also try Anbesol or Orajel that can be put on with a Q-tip after partially drying the area by gently biting on a clean paper towel wad.

ACTIVITY (SUGGESTED): Keep physical activity to a minimum for the first 24 hours to help prevent bleeding. Also, rest is important in the healing process. After the first 24 hours, you can do whatever you can tolerate without exhausting yourself. If you feel tired, then rest. Some patients are able to return to work the same day, others need several days recovery time. Everyone is different and the choice is yours. If you would like a “doctor’s note”, please advise before leaving the office and we will create one for you.

General Precautions:

Call doctor at the number below if after the second day of healing, any of the following occur: 1) increasing pain; 2) increasing swelling; 3) fever; 4) general malaise; 5) upset stomach (probably medication)

If you have questions after hours, call or text the doctor at _____.