

Dr. John L. Potter
3131 College Heights Blvd.
Allentown, PA 18104

Postoperative Instructions for
Name:

Post-Surgical Information

Do Not:

1. Do not chew on the side of the mouth that has the periodontal pack.
2. Do not brush/floss the area on which the pack is placed.
3. Do not apply tongue pressure to the surgical area.
4. Do not eat spicy or excessively hot foods.
5. Do not be alarmed if one of the following occurs:
 - a. Slight bleeding
 - b. Moderate swelling
 - c. Moderate discomfort
 - d. A medicinal taste
 - e. A small piece of the bandage falls out
 - f. There is tooth tenderness or apparent looseness
6. Do not tense aggressively for at least 24 hours.
7. Do not take aspirin containing drugs. (Blood thinners)
8. Do not smoke
9. No drinking from straw for first 24 hours

Do:

1. Take your medication exactly as prescribed.
2. Continue your home care instructions for the rest of the mouth, but avoid contact with the bandage. Special home care instructions for the surgical area will be given to you when the bandage is removed.
3. Light bleeding is normal 24 to 48 hours post-operatively. If moderate to heavy bleeding is noted, determine the site of bleeding and place pressure on this area with a moist gauze or tissue paper for 30 minutes. If excessive bleeding continues, call the office.
4. You may apply an ice pack to the area for the first 24 hours to minimize swelling.
5. Day after treatment you may rinse with warm salt water rinse several times a day to help with healing and cleansing of area/or prescription mouth rinse if given.

Please be aware that any antibiotics prescribed may affect birth control medication. Appropriate alternative contraceptive methods are recommended during this time.

PLEASE CALL THE OFFICE AT ANY TIME IF ANY OF THE FOLLOWING OCCUR:

- a. Excessive bleeding and/or swelling
- b. The prescribed drugs do not control pain

Dr. Potter can be reached by simply calling (610) 433-2300 or at the following cell number (610)331-8451 for true emergencies only, email for questions at Potterperio@aol.com