Gum Disease Specialists  
Melissa S. Lang, DDS, MS

**POST-OPERATIVE INSTRUCTIONS**

The following instructions are to help decrease any discomfort and to answer questions you might have during the healing process.

**EATING**

* Eat regularly—a wholesome, balanced diet.
* Soft foods should be eaten for two weeks.
* Avoid sticky or crunchy foods, popcorn, chips, and nuts.
* Cut food into small pieces and try eating away from the treated area.

**BLEEDING AND BRUISING**  
There may be some minor oozing of blood the first day. This is not unusual and should correct itself. If excess bleeding occurs, place a gauze bandage or a moistened tea bag against the area and hold with gentle pressure for 15 minutes. If this does not correct the problem, please call the number(s) listed below.

You may experience bruising on the outside of your face.   
 **SWELLING**Swelling is likely to occur and is normal. Use of an **ICE PACK** on the side of the face next to the treated area can be of significant help in reducing discomfort and swelling. The ice pack is most useful during the first 6-8 hours.

When you are sleeping, lie on the ***opposite*** side of the treated area or on your back. Do not lie on the side of the treated area. Keep your head elevated for 24 hours.

**PAIN**The amount of discomfort will vary with the individual and the extent of the procedure.

* Use an **ICE PACK** as directed above.
* Take 600 mg. Advil every 6 hours if directed or
* Take the pain medication prescribed for you as directed. If nausea or other side effects occur with any medication, discontinue its use immediately.

**ANTIBIOTIC**If prescribed, take the antibiotic medication as directed. It is important to finish the antibiotic medication as directed. If side effects occur, discontinue its use immediately, and contact the number(s) listed below.

**CLEANING YOUR MOUTH**

* Avoid brushing the teeth in the treated area for 1 week. Clean all other teeth in your mouth as normal.
* Rinse with **Peridex** twice daily as directed.
* **Do not** rinse your mouth vigorously.

**SMOKING**Avoid smoking.

**EMERGENCY PHONE NUMBERS**

**DENTAL OFFICE: (402) 493-9429  
DR. LANG’S CELL: (402) 658-8860**