



**Megan A. Ratliff D.D.S. M.S.**

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## **Post-Op Instructions**

### **First 24 hours following surgery**

- Apply a cold compress 20 minutes on, 20 minutes off to reduce swelling.
- Eat cold soft foods i.e.: ice cream, pudding, yogurt, Jell-O, apple sauce, cottage cheese, UNSEEDED smoothies
- Do not brush the surgical area.
- Do not rinse or spit.
- Take all prescribed medications as directed. Be sure to take medication with food to avoid stomach upset.
- No Smoking, smokeless tobacco, Vaping, or chewing tobacco at any point during the healing process.

### **24 hours to first post-op appointment**

- Activities which raise the heart rate and heavy lifting should be avoided for the first 72 hours, or longer as directed.
- Warm compresses may be applied after 24 hours but are not necessary.
- Warm (not hot) soft foods can be introduced. i.e.: Mashed potatoes, fish, soup, eggs, pasta
- Rinsing with warm salt water and brush non-surgical areas can be done.
- **Do not brush surgical area until instructed by Dr. Ratliff.**

### **Bleeding Instructions**

- When blood mixes with saliva it seems like a more substantial amount of bleeding. Do not be alarmed if you notice an area of blood on your pillow in the morning. This is very common and will diminish over time.
- If heavier bleeding occurs apply heavy pressure with damp gauze (in post-op bag) for 10 minutes. If bleeding does not stop continue to apply the same firm pressure substituting a moistened tea bag for the gauze.
- If you are at all concerned with the bleeding call Dr. Ratliff

### **Additional Information**

- Do not wear any dental appliances until approved by Dr. Ratliff. (Mouth guards, Night guards, Retainers, Partial dentures, etc.)
- Avoid the use of straws until all sutures are removed.
- If sutures become loose, do not pull, or remove them. Please call the office to schedule an appointment.

### **Pain Management**

- Pain shall be managed by ibuprofen as directed by Dr. Ratliff. Tylenol can be taken in conjunction for added pain relief. Usually, the worst pain is experienced around day 3 and day 4.

➤ *Should you have any questions or fear you have an infection, contact the office immediately during working hours at [847.724.6343](tel:847.724.6343), or Dr. Ratliff outside working hours at [773.420.9880](tel:773.420.9880)*