

# Champlain Periodontal

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## Pre-Operative Instructions Surgical Pocket Reduction (Flap Surgery)

1. Medications:

Some discomfort is expected and is usually controlled with over-the-counter medications such as Advil or Motrin (ibuprofen). 600mg (three 200mg tablets) of ibuprofen every six hours is recommended. Discomfort usually resolves shortly after the sutures have dissolved (3-5 days). If you feel you need additional pain medication please contact our office.

2. Eat before your appointment.

It is important to eat something before your appointment, unless you are being sedated. If you are being sedated, eat something very light, such as a piece of toast, so that the sedation will be most effective.

3. Dietary restrictions:

Plan to restrict your diet to softer foods for the first several days following surgery, avoiding crunchy, crusty, or seedy foods. Avoid hot foods or drinks for the first day. Please do not use a straw during the first few days, as this creates suction in your mouth and can encourage bleeding.

4. Bleeding and swelling:

Excessive bleeding and/or swelling is usually not associated with this procedure, however it is wise to have a few ice packs on hand to use during the first several hours following surgery..

5. Sutures:

You will have several stitches in your mouth that will dissolve during the first several days after your surgery. If a bone graft was performed, stitches may remain up to two weeks.

6. Activity:

Most patients are able to return to normal activity the day after the procedure. If swelling or bleeding occur, reduce activity.