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**FLAP SURGEY INSTRUCTIONS**

**SWELLING/DISCOMFORT**

Swelling/discomfort can be minimized by the use of ice/cold packs in 15 minute intervals for 24-48 hours after surgery. Discontinue ice and begin moist heat application after 48hrs. Swelling will be present the day after surgery and will usually peak 2-3 days after the surgery. Bruising may occur during healing. Some discomfort is expected and is usually controlled with the medications prescribed. The discomfort usually will disappear shortly after the stitches have been removed. You may experience a feeling of slight weakness during the first 48 hours.

**BLEEDING**

There may be minimal bleeding after the surgery. There may be a red discoloration of the saliva for several hours. If there is considerable bleeding, apply constant pressure to the area for 5-10 minutes. A *moist tea bag* may be used to apply pressure. If there is no change in the amount of bleeding contact the office.

**ACTIVITY**

After the procedure, relax for the remainder of the day. Keep your head elevated and sleep with extra pillows the first night after surgery. Avoid excessive talking and use caution when sneezing/coughing/yawning; these motions may displace the stitches or cause toothache like pain. Avoid strenuous activity for several days. Avoid sunbathing, as it may increase swelling and fatigue. Avoid smoking, as it will delay healing and possibly cause poor healing. Also avoid alcoholic beverages while taking the prescription medications.

**DIET**

Cold or warm softer foods can be eaten. Avoid **excessive heat** and spicy, crusty, acidic or seedy types of food. Chewing should be **ONLY** on the side opposite the surgical area. It may be necessary to eat softer foods. Avoid drinking through a straw, it may stimulate bleeding.

**ORAL HYGIENE**

It is important to maintain a normal level of oral hygiene in all other areas of the mouth by brushing and flossing. Do not brush or floss in the surgical area until instructed. Prescribed chlorhexidine rinses or Listerine may be applied with a cotton ball/swab or by holding the rinse in place for 30-60 seconds. Warm salt water rinses (1 tsp. salt to 8 oz. warm water) can also be used in the same manner, (not consecutively).. **DO NOT SWISH WITH ANY RINSES.** This motion may cause tooth ache like pain. If a dressing is placed it is primarily for your comfort and to protect the surgical area during healing, Should the dressing or a portion of the dressing become loose or come off and there is no discomfort, healing will proceed provided the area is cleaned with the recommended rinses.

**MEDICATIONS**

Please follow the instructions for any medication prescribed. If adverse reactions to those medications occur, such as nausea, vomiting, or allergic reactions, please discontinue the medication and contact the office. To avoid medication side effects, such as upset stomach, take medication with food.