



DISTAL WEDGE

A distal wedge procedure is a surgical procedure that is performed to remove the additional tissue that is covering over a portion at the back of the very last tooth in the arch. This will reduce the pocket depth and keep your teeth easier to clean.

First your periodontist will administer a local anesthetic in the site, which numbs the area and ensures that you do not feel any pain. Your periodontist will then remove a small wedge of tissue and suture the site with stitches. The procedure takes about 15 minutes. You may feel some discomfort once the anesthetic wears off, but this can often be managed with an over the counter pain reliever.

It is important that you continue to take good care of your teeth by brushing and flossing. Proper oral hygiene is essential for minimizing oral bacteria, which can help to prevent infections in the surgical wounds. If dissolvable stitches have been placed, they will disappear on their own after five to seven days. Once the tissue has healed sufficiently you will return for your post operative check. If you have any concerns during your recovery period, call our office right away.

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What to expect:

- Prescriptions
- Mild/moderate discomfort
- Sensitive to temperature
- Inflammation
- Sutures
- Post-op appointments
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.

Post op instructions:

- Soft food diet following surgery; no carbonation
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only
- StellaLife Rinse 3x a day until bottle is finished
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.