

Healthy Smiles Periodontics & Implant Dentistry

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Diplomate of the American Board of Periodontology

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Periodontal Surgical Post Operative Instructions

After today's periodontal surgery, it is normal to experience some soreness for a day few days following treatment. Carefully follow all instructions to achieve the best result to aid healing.

- Small amounts of blood may be present in the saliva after treatment, this is normal. Use ice packs in a 10 minutes on/ 10 minutes off fashion every hour for 2 hours to help reduce the chance of bleeding and/or swelling. Ice packs should only be used during the first 24 hours. If swelling continues to occur, repeat ice pack regimen. If a temperature arises along with swelling call your dental care provider.
- Use either an ultra soft or regular soft toothbrush with the unidirectional gum-to-tooth method to sweep bacteria away from the gums and teeth. Use head tilt method to cleanse the area with either with warm salt water (pinch of salt in 8oz. cup of water) or a prescription rinse (Peridex™) 2 times per day for 30 seconds for one week. Do not floss the treated area for 4-6 weeks following the procedure. If teeth/gums are too sensitive to the above brushing technique, use a Q-tip in a dab fashion to keep the sutures clean.
- Avoid strenuous exercise for the first 24-48 hours after treatment.
- Eat "soft foods" only, for example, a diet with the consistency of soup, mashed potatoes, pasta, gelatin, ice cream, yogurt, protein shakes, etc. Avoid extreme temperature foods as well as spicy foods for one week because tooth hypersensitivity maybe exaggerated. Chew on opposite side of treatment area until you can chew there without difficulty
- **Do not drink alcoholic beverages and avoid smoking for 4-5 days. Do not drink liquids through a straw, spit out, or gargle for 3 days**, as the suction may damage the treated area.
- If your sutures become loose and become intolerable as a result, call your dental care provider.
- Follow all directions on all medications carefully and fully. Continue to take all medications for the indicated length of time unless they cause adverse side effects.

Even if you do not experience pain take 600-800mg Ibuprofen for the first 24 hours (Motrin or Advil) every 8 hours or as prescribed or 220-550mg of Naproxen (Aleve) every 8-12 hours for pain relief and anti-inflammatory usage and/or other medications as prescribed.

Call the Periodontist if you have any questions