

POST-OPERATIVE INSTRUCTIONS AFTER PERIODONTAL SURGERY

DAY OF SURGERY:

Things to do:

For discomfort: take the prescribed medication as directed for the first 2 days after surgery, regardless of discomfort (*it is much more difficult to stop discomfort once it starts*)

For swelling: during the first 6 hours after the surgery, place an ice pack (or ice cubes in a plastic bag) covered with a paper towel over your face in the area of the surgery. Place the ice pack on for 15 min. at a time and remove the ice pack for 15 minutes. This will minimize the amount of swelling and make the healing more comfortable.

In case of bleeding: locate the area of bleeding by drying your mouth with gauze

- Place gauze or moist tea bag on the outside and inside of teeth at the area of bleeding
- Apply firm pressure with fingers for 15 minutes
- If bleeding persists, repeat above for another 15 minutes
- If bleeding persists, call the office immediately

(*Slight amount of oozing is expected during the first few days after surgery, and since it mixes with saliva, it may appear excessive.*)

Eating: Nutrition is important to the healing of your surgery. Be sure to eat a well-balanced diet.

- Wait until the anesthetic wears off before eating
- Eat a luke warm, semi-solid diet such as soup, pasta, rice, eggs, steamed vegetables
- Stay away from hard-to-chew, hot and spicy foods
- Chew on the side opposite that of the surgery

Cleaning: meticulous oral hygiene will promote faster healing and prevent potential infections.

- Brush all of your teeth except where there are sutures or dressing
- Do not use toothpaste. Instead, brush with an antiseptic mouth rinse (Peridex, Periogard) placed in a glass.

Medications: If an antibiotic has been prescribed, start as soon as possible. If you notice any side-effects, call our office. (Antibiotics are not always prescribed after periodontal surgery.)

Things not to do:

- Do not rinse your mouth, spit or drink from straws. They all form vacuum in the mouth and cause bleeding.
- Smoking and drinking alcohol are not advised during the first week after surgery.
- Avoid strenuous activity, as this may lead to bleeding.

FIRST WEEK AFTER SURGERY:

Things to do:

For discomfort: take the prescribed medication beyond the second day only if you have discomfort

In case of bleeding: same as above

Eating: same as above

Cleaning:

- You may resume using toothpaste.
- You may gently brush the teeth involved in the surgery, if they are not covered with a dressing.
- Rinse with the prescribed antiseptic mouth rinse at least twice a day, each time for 30 seconds.

Medications: If an antibiotic has been prescribed, continue to take the full course of medication, until all of them are gone. If you notice any side-effects, call our office.

Dressing: If the surgical area has been covered with a dressing, it is possible that either part or all of it may fall off. This is O.K unless you are uncomfortable. If so, call the office and come in to replace the dressing.

Things not to do:

- Smoking and drinking alcohol are not advised during the first week after surgery.