



**NORTHRIDGE
DENTAL GROUP**

Personalized & Comfortable

**Northridge Dental Group
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POST OPERATIVE PERIODONTAL TREATMENT INSTRUCTIONS

ACTIVITY

After leaving the office, relax for the remainder of the day. Avoid strenuous activity for several days.

SWELLING

Some swelling may be present the day after the surgery and may peak at 48 to 72 hours after surgery. Keep the surgical area cold for the remainder of the day after the surgery by eating/drinking frozen yogurt, milkshakes, or similar cold liquids. Do not use a straw, as suction can start bleeding. Swelling can be minimized by placing an ice bag over the operated area on the outside of the face for the remainder of the day after surgery, alternating on and off at ten minute intervals.

BLEEDING

Minimal bleeding may occur after the surgery is completed. There may be pink discoloration of your saliva for several hours, persistent bleeding (bright red) is not to be expected. Should bleeding occur, place a moistened tea bag (not herbal tea) over the area and hold it against the bleeding site. It may take several minutes before the bleeding stops. If there is no change in the amount of bleeding, call the office.

EATING AND DRINKING

It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days soft foods can be eaten. Solid foods may be eaten as long as they may be done so comfortably. Chewing should be done predominately on the side opposite the surgical site. Avoid spicy, salty, and excessively hot foods and liquids. Please refrain from drinking alcoholic beverages during the first 4-5 days following surgery.

SMOKING

Please do not smoke during the post-surgical period, as healing will be delayed.

SUTURES

Sutures (stitches) were placed. Your doctor will want you to return to have them fully removed once sufficient healing has occurred. Do not disturb the sutures. Sutures are placed to hold the gingival tissues in the proper position for ideal healing. Do not touch them with your tongue, toothbrush or in any manner, since displacement will impair healing. If you notice that a suture has come out or come loose, notify the office if you are concerned.

ORAL HYGIENE

It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing.

DISCOMFORT AND MEDICATIONS

Periodontal surgery may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics have been prescribed, it is usually best to take the first dose while the surgical site is still anesthetized (numb). All medications should be taken as prescribed. Please follow the instructions on the bottle for any medications prescribed. If any adverse reactions to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medications immediately.

PROBLEMS OR QUESTIONS

If you have a problem or a question please contact the office. If it is after normal business hours, the answering service will have the doctor paged.