Post-Operative Instructions for Periodontal Surgery

FOR THE REMAINDER OF THE DAY:
1. Do not rinse your mouth.
2. Do not spit. Tip: Swallow your saliva and wipe any excess moisture from your lips.
3. Do not use a drinking straw. Tip: Drink straight from the cup or use a spoon.
4. Do not smoke. Tip: Use a nicotine patch if you need it.
5. Keep fingers and tongue away from the surgical area.

FOR BLEEDING:
1. Expect red or pink saliva for the next 24 hours, as some oozing will occur. Tip: Place a towel on your pillow in case you drool.
2. IF BLEEDING IS NOT CONTROLLED, CALL OUR OFFICE IMMEDIATELY.

EATING:
1. We recommend soft foods such as soup, scrambled eggs, yogurt, mashed potatoes and applesauce for the first 3-4 days of healing. Tip: Avoid any and all hard, crunchy food such as corn chips and peanuts for three to four weeks.
2. Avoid alcohol and carbonated beverages for 1 week.

BRUSHING:
You may brush your teeth starting tomorrow morning, but completely avoid the surgical area. Be gentle and do not spit or rinse forcefully.

RINSING:
You may start rinsing gently with warm salt water several times a day-starting in 3 days. Tip: Do not use mouth rinses containing alcohol.

MEDICATIONS:
If you were given prescriptions for any medications, take with a full glass of water. Remember: Any medications should not be taken on an empty stomach.
1. Antibiotics: Take exactly as prescribed. *Some antibiotics will decrease the effectiveness of birth control pills, so another form of contraception is advised.
2. Pain medication: Continue as necessary.
3. If you are able to take Ibuprofen, we recommend 600-800 mg every 8 hours for the next few days. This medication is an anti-inflammatory and helps with pain and healing. If Ibuprofen is not enough to control the pain, you can take 2 Tylenol tablets or the prescription pain medication we gave you between doses.
   *Remember that narcotics can make you drowsy, so no driving, no operating machinery of any kind, and no alcoholic beverages.

SWELLING:
You may or may not have swelling after the procedure. Swelling normally peaks approximately 2 to 3 days after the surgery. Applying an ice pack during the first two days helps minimize swelling. Tip: Use a bag of frozen peas or corn wrapped in a moist cloth as your ice pack. Ten minutes on, ten minutes off works great.

STITCHES AND PERIODONTAL DRESSING:
1. The stitches that were placed during your surgery may or may not be dissolvable. If they are the non-dissolving type, they will be removed at your first post operative appointment.
2. A periodontal dressing may have been placed over the surgical site. If so, it is there to help with your comfort during the healing process. There is a possibility that this dressing may come off early. If it does, keep your tongue away from the area, and avoid hot, spicy foods, fresh fruit or juices.

QUESTIONS/CONCERNS? Please call (406)755-4722 Office (406)890-2756 Home (406)897-4103 Cell