



Post-operative Instructions Periodontal Surgical Treatment

Postoperative care is important following a surgical procedure and failure to comply with instructions may delay recovery and adversely affect the outcome of treatment

Some swelling, stiffness and discomfort are to be expected after surgery. Inflammation is at its peak between 48 and 72 hours after treatment. After the third day swelling and discomfort should decrease. If swelling or discomfort increases, please call us.

The day of the procedure:

- Keep your head elevated and rest quietly.
- Eat only soft foods or liquid meal replacements and be sure to drink plenty of liquids. Do not use a straw.
- Place an ice-pack on the cheek of the treated area for ten minutes followed by a ten minute break (repeat several times during the first 4 hours after treatment). Note: do not place ice directly on the skin.
- Take your pain medication as prescribed.
- Some oozing of blood and discoloration of saliva is to be expected. If bleeding seems excessive apply firm pressure with a moist gauze or tea bag for 20 minutes.

Avoid...sucking, rinsing mouth, frequent spitting, smoking, or exercising for 12 hours. Strenuous exercise or heavy lifting should be avoided for at least 7 days.

Pain Medication:

Follow the instructions on the package for dose and timing. If given both Acetaminophen and Ibuprofen, alternate doses every three hours.

Your next dose of pain medication should be taken at _____.

The **sutures** will dissolve in the next 7 - 10 days. If ends become loose and dangle in the mouth you may cut the dangling ends with scissors. Do not pull on them.

If a **periodontal dressing** was placed it may become loose or dissolve in a few days. Loose fragments of the dressing should be removed to avoid agitation of the gums.

ACTIVITY:

It is very important that you go home after the procedure and rest. Tomorrow you may proceed with your daily activity. However, you should go lightly with physical activity the first few days. No smoking or limited smoking for 24 hours (forever would be ideal).

From the second day until healing is complete (usually 2 weeks):

- After meals, avoid brushing the teeth in the treated area. You may brush the remaining teeth and rinse your mouth gently with warm salt water.
- 30 minutes after brushing in the morning and at night, swish the prescribed mouth-rinse around your mouth for 1 minute and then spit.
- A somewhat soft diet is recommended. Avoid sharp foods such as peanuts, popcorn, nachos, tacos, etc.
- Continue as needed with pain medication.

Emergency Contacts: