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Post Periodontal Surgical Instructions

- 1) Discomfort-**you may have some discomfort following the surgery. This is usually of a short duration. Take two Tylenol or aspirin substitutes (Advil) as needed. Prescription medication may have been prescribed-please follow directions
- 2) Periodontal Dressing-** the first few days are critical in determining the eventual periodontal surgical results; therefore do not disturb the dressing if at all possible. If the dressing becomes loose, please call the office immediately. Please be aware that small particles of the dressing may come off during chewing.
- 3) Oral Hygiene-** you may use a toothbrush, but do not use it on the dressing. Avoid vigorous brushing as this action may loosen the main periodontal dressing. Also, rinsing with warm salt water every two hours will improve the oral hygiene in the surgical area.
- 4) Bleeding-** there may be some blood in your saliva for the first few hours after surgery. This is normal. If you have excessive bleeding- please call the office. Oozing of blood will appear to be greatly exaggerated when it dissolves in saliva. If bleeding persists, then determine the area of bleeding and in order to control, place pressure on the area with a moist 2X2-gauge pad or a wet teabag for 20 minutes until bleeding subsides. This procedure may need to be repeated several times.
- 5) Activity-** Avoid excessive exertion of any type. Such activity could result in loosening the periodontal dressing.
- 6) Eating-** Try to maintain a normal meal schedule. It is helpful to have “soft” non-chewy type of foods for the first few days.
- 7) Questions-** please call at any time if you have any questions or concerns. If any of the following events occur: 1) excessive bleeding 2) pain not controlled by medication 3) fever occurs 4) pain upon chewing after the first 3-4 days
- 8) Swelling-** After any surgery, swelling is possible. To keep this to a minimum, gently place an ice pack on the outside of the face for 20 minutes and take anti-inflammatory pain medication if prescribed. Swelling is a normal phenomenon that can occur for 3 to 5 days with possible discoloration of tissue.
- 9) DO NOT-** smoke for at least 4 days, eat spicy or hot foods, apply tongue or cheek pressure to the surgical area, brush the area where the surgical pack has been placed, chew on the side of the mouth which has the periodontal pack, attempt to remove the sutures, use a straw, expectorate (spit), or use a rinse for 24 hours, take aspirin