

# Instructions following Periodontal Surgery



## Things to avoid the **FIRST** Week:

- ✓ Do not bite into things at the surgery site (I.E. No biting apples).
- ✓ Do not lift your lip and stretch the tissue.
- ✓ Do not use mouthwash that contains alcohol.
- ✓ No flossing in the surgical site area.
- ✓ No teeth whitening.

## Bleeding

Do not be concerned if traces of blood are noted in the saliva for several hours after the surgery. Do not rinse the mouth vigorously for the first few hours as the disruption of the clot may occur. It is best to avoid hot food until the day following surgery (heat promotes bleeding). If continuous or excessive bleeding occurs, please contact the office.

## Pain

You may have moderate discomfort after the anesthesia wears off. Most discomfort can be controlled with mild pain medication. If a prescription was issued for a stronger pain medication, please take as directed.

## Antibiotics

An antibiotic may have been prescribed depending on the surgical procedure. If so, please take as directed until the medication is finished.

## Swelling

In some cases swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery for one-half hour on and one-half hour off for the first three or four hours. Ice cubes in a plastic bag, or a bag of frozen peas work nicely for an ice pack.

If swelling and discomfort persists, warm wet compresses may be used over the area on the second and subsequent days. These are to be applied for twenty minutes on and forty minutes off for three hours each day.

## Oral Hygiene

Meticulous oral hygiene should be continued in the areas of the mouth not treated surgically. Brush gently in the area of surgery and avoid flossing for the first week. It is important to not disrupt the sutures. Gentle rinsing after meals with a warm salt water rinse (1/2 tsp. salt/8 oz. water) is recommended.

## Nutrition

Maintaining an adequate diet after surgery is important. You can chew on the opposite side of your mouth and should avoid extremely hard or spicy foods. You will assist the healing response by observing the following procedures:

- ✓ Maintain an adequate home care level.
- ✓ Decrease or eliminate smoking. Smoking significantly delays the healing of oral tissue.
- ✓ Attempt to maintain a high-protein diet.

## Tooth Sensitivity

Tooth sensitivity following surgery sometimes occurs and is not a cause of concern. It usually completely goes away in thirty days. It is very important then to be very meticulous with your plaque control procedures. DO NOT use a water pik in surgical areas for three weeks.

If you have any concerns or questions, do not hesitate to contact us.