

Post-Operative Instructions Periodontal Surgery

Will it hurt?

Mild to moderate discomfort may occur during the first few days post-operatively. Please use the prescribed pain killers as directed to alleviate any discomfort.

Will there be facial swelling?

Slight swelling and bruising may occur, and can be minimized by following these instructions:

- Apply an ice pack wrapped in a wet face cloth directly on the area of the surgery. Apply the ice pack every hour for 20 minutes on the first day. Even if the swelling is not yet visible.
- **DO NOT** apply ice after the first 24 hours, as this will slow the healing process and increase the risk of infection.

Will I bleed?

Although the bleeding has already stopped when you leave the dental office, the saliva will continue to have a reddish coloration for the first 24 hours post-operatively. In order to prevent bleeding from starting again, follow these instructions carefully:

- For the first 24 hours, **AVOID** the following: hot food, hot beverages, drinking with a straw, smoking, spitting or rinsing.
- For the first 48 hours, **AVOID** exercising

If bleeding does occur, following this protocol can easily stop it:

- Remain calm...the more agitated you become, the more you will bleed
- **DO NOT** spit or rinse, as this will increase the bleeding
- Identify the area that is bleeding
- Take a clean face cloth and moisten it in cold water, apply a firm pressure to the area which must be held for a minimum of 15-20 minutes.
- If bleeding persists, use a moistened tea bag to apply the pressure

What can I eat?

Day 1: Restrict your diet to cold or lukewarm and soft foods such as ice cream, yogurt, pudding, and purees.

Days 2-7: Eat soft or semi-soft foods and **DO NOT** chew on the side of the mouth that was operated on. Avoid spicy and acidic foods. You may eat foods such as soup, eggs, minced meat, fish, well-cooked vegetables, lentils, pasta and rice.

Can I brush my teeth?

Day 1: **AVOID** brushing, flossing or rinsing in all areas.

Days 2-10: You may begin brushing and flossing as usual on the teeth that were not operated on. However, it is important to **AVOID** brushing and flossing around the surgical area for 10 days post-operatively. During this period, you must use the prescribed antibacterial mouth rinse twice a day (rinsing for a full minute each time).

Do I need to have my sutures removed?

Depending on the type of stitches used, these may dissolve within 5-7 days, or need to be removed post-operatively. Either way, it is very important that you return for a post-operative verification about 10 days after the surgery.

If you have any questions or concerns, please do not hesitate to call us: