

Post Periodontal Surgery Instructions:

The following statements are possible answers that you might have about what to expect following periodontal surgery. Please review these instructions very carefully, as they are extremely beneficial.

- 1) After the anesthesia wears off, you might experience some discomfort from the procedure that has been performed. A prescription for pain medication has been provided at time of surgery, use the pain medication as soon as possible. Please take every 6 hours for the first 24 hours and then after that only if you have pain.
- 2) A prescription for an antibiotic has also been given to you. You are to take one tablet immediately after surgery and continue taking the antibiotic three times a day for the next one week.
- 3) Avoid hot and cold fluids or food. Try to keep all fluids and food at room temperature, and avoid spicy or crunchy foods. Ice cubes can be placed in hot beverages to reduce their temperature prior to drinking or they can sit till cooled to room temperature.
- 4) Suture removal will occur within 7-14 days. You can start brushing the surgical area after 48 hours with a soft brush. All brushing should be kept on the tooth only and not near the operated area.
- 5) Swelling can occur in a few cases, and can persist for about 24-48 hours. If this persists for more than the first 3 days, please contact the office. Apply an icepack to your cheek on the operated side after the surgery. Icepack should be placed on and off your face intermittently for about 2 hours following surgery.
- 6) You should not rinse today. Begin rinsing from tomorrow with the Mouth-wash that is prescribed to you. You should rinse twice daily, for the next week with a capful of Peridex mouth-rinse. You should not eat or drink anything till after half an hour after rinsing.
- 7) Continuance of oral hygiene regimen is usually mandatory. You should use your toothbrush as you usually do, but do not brush the area that the surgery was performed. Total removal of all bacterial plaque and other oral debris is essential even during this phase of the treatment, however, care must be exercised not to brush around the treated surgical area for one week.
- 8) There may be occasional bloodstains in saliva following the surgical procedure, this can continue during the first day. It is not unusual and can correct itself by applying gauze sponges to the surgical site to reduce bleeding in the area. If there is considerable bleeding, take a wet tea bag, and place it in gauze, then apply to the bleeding area for 5 minutes intervals or till bleeding stops. Under no circumstances should rinsing be used to stop bleeding since this increases the level of bleeding present.
- 9) If any other problems occur, please do not hesitate to call the office, please also call if you need additional medication or have any concerns with prescribed medication.