

## POST-SURGICAL INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

- ACTIVITY** Restrict activities and physical exertion the day of and the day after periodontal surgery, being sure to get plenty of rest. Strenuous aerobic exercise is not recommended for 48 hours. We strongly discourage smoking during the initial healing period, as this will increase pain and delay healing.
- MEDICATIONS** All medications prescribed should be taken according to directions. Narcotic pain medications should not be mixed with alcohol, tranquilizers, or sleeping pills. Antibiotics should be taken until gone. If itching, rash, or diarrhea develops, discontinue any further use of medication and call the office. Antibiotics have been shown to possibly decrease the effectiveness of birth control pills. Please check with your gynecologist if necessary.
- DISCOMFORT** Some soreness or discomfort may develop when the anesthetic wears off. The pain medication prescribed should be taken as soon as the anesthetic begins to wear off. The anti-inflammatory pain medication should be taken regularly for the first 48 hours. If you have excessive pain, swelling, and temperature spikes (sharp rises), please notify the office. When appropriate, stronger narcotic pain medications may also be prescribed as a backup.
- DRESSING** The material which may have been placed around your teeth is an oral bandage. It is placed primarily for your comfort. If the bandage is lost or becomes loose before your next appointment, do not become alarmed. If you are uncomfortable or concerned please contact the office for further instructions.
- SWELLING** Slight swelling of the face is not unusual following periodontal surgery. This is a normal response and should not be a cause of alarm to you. The amount of swelling varies with every patient and with the extent of the surgery. **Swelling can be minimized by applying ice packs over the affected areas during the first day (10 minutes on, 5 minutes off, or alternating sides).** For the first 36 hours crushed ice placed inside the mouth is helpful and aids your level of hydration. **Moist heat can be applied intermittently during the 2<sup>nd</sup> and 3<sup>rd</sup> postoperative days to decrease swelling that may occur. Swelling may be greatest on the 3<sup>rd</sup> and 4<sup>th</sup> day and should subside thereafter.** At this time you can also start warm salt water rinses, 1tsp of salt with 8 oz glass of warm water. **Arneca cream** can help with reducing colorization of bruising and swelling and can be purchased at most local drug stores.
- BLEEDING** Slight bleeding for as much as 24 hours is normal, and will turn the saliva red. Vigorous rinsing of the mouth interferes with clotting, but cold water or strong iced tea held in the mouth will help stop any seepage. When lying down, keep your head slightly elevated to prevent increase of blood pressure in this area. An old pillowcase may be recommended the first night following surgery. If bleeding continues, contact the office at once.
- DIET** Nutrition is important to the healing process. At first, you may find it difficult to chew so you might want to eat smaller amounts more often, instead of more complete meals. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. Avoid hard brittle foods, or foods containing tomatoes, onions, peppers, or spices. Many soft foods can be chewed comfortably and the diet can be supplemented with liquid nourishments such as Ensure, Metrecal, or Carnation Instant Breakfast. Drink plenty of fluids. In summary, during the first 24 hours the diet should be cold and soft. (Hot foods or liquids can increase bleeding and swelling.)
- HYGIENE** Oral hygiene procedures are important during the initial phase of healing; however, at the surgical sites avoid direct oral hygiene for the first 24 hours. Areas covered with a periodontal dressing do not lend themselves to conventional hygiene measures, but you may lightly brush the surface of the packing to remove plaque. Begin using Peridex rinse on the 2<sup>nd</sup> day using a very *gentle* bathing rinse.. Please brush and floss the unaffected areas of your mouth as you would normally.

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**Flip over for one week post op instructions** ⇨

## **1 Week Post-operative instructions**

**At this time you may start using the “red” ultra-soft toothbrush, if was provided to you at surgery.**

**Dip brush in the Peridex mouth rinse and start**

- **brushing adjacent teeth.**
- **brushing the top of the implant**
- **dab over extraction site**

**You may increase your diet to more solid but softer side of foods like pasta, rotisserie chicken, ground beef and similar consistency. Please still stay away from crunchy & hard foods on surgical areas.**

**Rinsing with warm salt rinse, 1tsp of salt to 8oz of water mixture, is ok at this time.**