

Post-Operative Instructions Following Periodontal Surgery



Clarence Street
DENTAL Group

You have done a great job so far! Here are a few instructions to help you with your recovery.

- 1. Medications:** Continue to take any prescribed medications as directed. Pain-killers should be started as soon as possible, ideally before the freezing wears off, and then taken regularly for the first two days, even if you are feeling fine.
- 2. Bleeding:** It is normal for some bleeding to occur over the next 24-48 hours. You should continue to bite on moistened gauze for the next 1-2 hours to help control bleeding. Should you notice some bleeding later today or tomorrow, use extra gauze (moistened) provided to bite on. If you run out of gauze, a moistened tea bag can be used instead. Remember to **REST** the first day after your surgery. To help minimize bleeding for the next 24 hours, you should **avoid**:
 - Rinsing your mouth (if **prescribed a mouth-rinse, start 1 day after surgery**)
 - Keep talking/singing to a minimum – **REMEMBER: REST**
 - Spitting
 - Drinking through a straw
 - Brushing your teeth
 - Partaking in any strenuous physical activity (biking, jogging/running, weight lifting etc.)
- 3. Swelling/Bruising:** It is normal to expect some bruising or swelling to occur over the next few days. You may place an ice pack on the outside of your face (20 minutes on, 20 minutes off) for the first 24 hours to help reduce swelling. Bruising or swelling may progress around the cheek or jaws and potentially onto the neck as well.
- 4. Eating:** Eat on the opposite side of the mouth - No hard foods (e.g. steaks, nuts , raw vegetables etc.) or foods with small grains/pieces or sharp edges (e.g. chips, popcorn, seeds, certain bread crusts, taco shells etc.) Avoid spicy or hot (temperature) food. No alcohol. Stay on a softer diet such as chicken (non-breaded), pasta, bananas, blended soups etc.
- 5. Cleaning:** Starting tomorrow you can brush and floss the other teeth in your mouth using a soft toothbrush, but avoid the area in which the surgery was performed for at least 1 week – or as specified by the Periodontist.
- 6. Sensitivity:** There may be a temporary increase in tooth sensitivity following surgery that can last up to 6 weeks. Use desensitizing toothpaste to help control these symptoms.
- 7. Smoking :** Smoking will delay healing and lead to increased risk of infection and failure of the surgical procedure. It must be avoided for the first 72 hours and should be avoided for as long as possible.
- 8. Stitches/membranes/ dressing:** Depending on the type of sutures (stitches) used, they may either dissolve/come out on their own or they might need to be removed in 2-4 weeks by the Periodontist. If a membrane was placed over a bone graft, they may need to be removed by the Periodontist in about 3-6 weeks following surgery. If a periodontal dressing was placed over the surgerized site, it may loosen and fall-out on its own (as early as a few days after surgery) or might need to be removed by the Periodontist if it stays in place.
- 9. Wearing your denture:** Dentures or prostheses can usually be worn immediately following surgery provided they are not in contact or putting any pressure on the surgical site. Please ask if you are unsure before wearing your prosthesis.

If you have any problems or questions, please do not hesitate to contact our office.

Your Post op appointment is _____ with Dr. _____