

Post Treatment Instructions

Rest

Having periodontal surgery does not necessarily mean that you have to alter your daily routine, however it is important that you get plenty of rest.

- Mild exercise may begin after 24 hours.
- Resume heavy exercise or physical exertion after 72 hours

Discomfort and Medications

The amount of discomfort and its duration varies from person to person. We will provide you with proper medications. Please take as indicated and recommended.

- Finish all antibiotics.
- If not contraindicated, 3 tablets (200 mg) of ibuprofen (Advil or Motrin) with 1 tablet of Extra Strength Tylenol every 6 hours. Do not exceed maximum dosage.

Swelling

Expect some swelling, it may take 3-4 days before reaching its peak.

- First 48 hours apply ice for as long as you can tolerate, remove, and reapply.

Bleeding

Even though the bleeding will be controlled when you leave our office, a small amount of bleeding may continue for up to 24 hours, so do not be concerned should this occur.

However, should you have excessive bleeding, place a piece of moist gauze over the surgical site while sitting in an upright position. Apply firm and steady finger pressure for about 5-10 minutes.

- Gauze soaked in tea is sometimes more effective.
- If problem persists, please contact the office.

Fever

A slight elevation in your temperature may be expected, however, if it is excessive or questionable, please contact the office.

Diet and Eating Instructions

Avoid drinking beverages hot in temperature or eating hot foods for the first 24 hours.

Cold beverages are fine; however, some sensitivity may occur. A good diet is essential.

Eat soft foods, avoiding any spicy, hard, or crunchy items until sutures are removed.

- Acceptable soft foods: yogurt or cottage cheese, soup, well-cooked veggies, soft bread, mashed potatoes, stuffing, pudding or gelatin, sorbet, oatmeal, pasta, eggs, applesauce, bananas, protein shakes, fish.
- Foods to avoid: foods with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, kiwi seeds, cereal, bread, pizza, candy, rice, nuts, gum, nachos, steak, wings, sausage, etc.

Since local anesthetic will be administered, please be mindful of oral numbness.

Reduce the risk of trauma to the tongue, cheeks, gums, or lips by eliminating mastication until anesthetic wears off completely and abiding by a soft diet.

Toothbrushing and Rinsing

Do not brush the surgical site near the gum tissue until you are instructed to do so. Avoid touching the stitches. Brush and floss all other areas of your mouth.

Do not expectorate (spit) the day of the surgery

Rinse with mouth rinses, as indicated and directed by your care provider.

- Rinse with 1 tsp of salt with 4 ounces of warm water after meals.
- Gentle swishing is advised.

Alcohol and Smoking

Alcohol and smoking can narrow the blood vessels and prevent the blood from clotting properly.

Please refrain from smoking or drinking alcohol for at least 48 hours to avoid slowing the healing process.