

## PERIODONTAL SURGERY

**CARE OF MOUTH** - avoid ALCOHOL, SMOKING, and DRINKING HOT FLUIDS for 24 hours. Do not rub your face in the surgical area.

**SURGICAL DRESSING** - if a surgical dressing, was placed, do not remove or play with it.

**BRUSHING** – brushing and rinsing of the mouth should be started the day after the surgery. Before brushing, run your toothbrush under warm water to soften the bristles. Then you may gently brush the tooth surface being careful near the gum line where the sutures are. Rinse twice daily with Peridex if prescribed by the Doctor. If not, you may rinse with lukewarm salt water to help maintain cleanliness.

**PAIN** – a certain amount of pain must be expected with all types of surgery. Usually this is slight and can be adequately controlled by taking the prescribed pain medication as directed.

**SWELLING** – a slight amount of swelling and discomfort is not unusual. In most instances swelling can be controlled or prevented. An ice pack applied to the outside of the face over the surgery area will minimize swelling. Use the ice pack for a period of 10 – 20 minutes on and 10 – 20 minutes off for at least 2 hours following surgery. If antibiotics are prescribed, continue taking them until they are gone.

**BLEEDING** – some bleeding following the surgery should be expected. If the bleeding is excessive or continuous, please call our office. Vigorous rinsing of the mouth prolongs bleeding. Avoid the use of hot liquids if bleeding occurs.

**DIET** - eating should be avoided for at least 2 hours after surgery. On the day of surgery, it is best to restrict your diet to soft foods. Very hot, cold, or spicy foods may cause some discomfort and should be avoided. After the first day of surgery, eat what you can manage. If you are having difficulty chewing, drink diet supplements such as Ensure, Carnation Instant Breakfast, or Slim Fast.

You can still expect some discomfort even though these instructions are followed. Healing requires time. The success of the procedure and the speed of healing depends upon you following the post operative care and maintenance instructions.