



## **PERIODONTAL SURGERY**

### **(Post Surgical Instructions)**

Now that you have had your periodontal surgery procedure it is important to follow these recommendations to ensure proper healing and to facilitate a speedy recovery.

The area around the surgical site which may include your tongue, adjacent teeth, and lips maybe numb for several hours after you leave our office.

Avoid any chewing until the numbness has completely worn off. Don't eat anything for two hours following surgery.

It's normal to experience some discomfort for several days after surgery. To control discomfort, take pain medication as recommended.

Don't take medication on an empty stomach or you may develop a feeling of nausea.

If your dentist has advised you to use an ice pack, apply it 20 minutes on and 20 minutes off to the cheek adjacent to the surgical site for six hours following surgery to decrease pain and swelling.

After twenty four hours, to further reduce pain and swelling, rinse three times a day with warm salt water. Use 1 teaspoon of salt dissolved in a glass of warm water.

If antibiotics are prescribed, continue to take them for the indicated length of time, even if there are no signs or symptoms of complications and the surgical site appears to be healing normally.

Some slight bleeding is normal for a day or so following surgery. If bleeding persists, apply firm pressure with a gauze pad or bite on a moist tea bag for twenty minutes and elevate your head with pillows. Call our office if this doesn't control bleeding or if bleeding increases.

For the first 48 hours, restrict your diet to soft foods such as yogurt, ice cream, cottage cheese, and soups, etc., until you can chew comfortably.

Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery. Continue your normal oral hygiene homecare routine in the non-treated areas.

After the first 24 hours you may gently rinse around the surgical site with warm salt water or mouthwash. If you use hydrogen peroxide as a mouthwash dilute it 50/50 with warm water. Frequent or vigorous rinsing must be avoided until healing has taken place.

Call us if pain or swelling persists or if you have any questions or concerns.