

CARE INSTRUCTIONS

Periodontal Surgical Procedures

MEDICATION

- Take all medications as prescribed. If pain medications are prescribed, ensure you take them as directed
- If antibiotics are prescribed, take them as directed until all have been taken. Discontinue antibiotics in case of rash, itching or upset stomach and advise the office. After finishing the antibiotics, take probiotics or eat yogurt for 3-4 days to restore good intestinal bacteria.
- All medication should be taken after eating to prevent nausea. If a mouth rinse was prescribed, start using it only 24 hours after surgery.

Bleeding

- A moderate amount of bleeding or oozing can be expected during the first 2 days after the surgery.
- To control bleeding, place a gauze on the area and apply a gentle pressure. Change the gauze every 30-45 minutes until bleeding has stopped. Always remove all gauze before sleeping, drinking or eating.
- Applying ice packs on the outside of the jaw or cheeks also helps in preventing or stopping the bleeding.

If heavy bleeding, uncontrolled bleeding or clot formation occur, call the office immediately at (301) 493 – 9500

ICE PACKS

- Ice packs should be applied during the first 12 hours following the surgery and may be used up to 2 days after the surgery.
- Apply ice packs 20 minutes 'on' and 20 minutes 'off'.
- Ice packs must be wrapped in a thin cloth and applied on the outside of the jaw or cheeks over the surgical site.

SWELLING

- Swelling is common and may peak 3 days after the surgery. Applying ice packs immediately following the surgery will help in reducing the swelling.
- Bruising may also be associated with swelling and should reduce as the swelling dissipates.
- It is also recommended you sleep with your head elevated at about 45 degrees for the first 2-3 days following your surgery to reduce swelling.
- If swelling does not reduce or increases 5 days after your surgery and you experience excessive pain, call the office at (301) 493 - 9500.

RINSING & BRUSHING

- Do not rinse your mouth or brush your teeth until 24 hours after your surgery as it will delay the healing process.
- Brush your teeth using a soft toothbrush and avoid brushing the gum line of the surgical site as stitches may be present.
- Unless you have a gingival graft, do not brush or floss the area until your next post-operative visit.
- You may rinse your mouth each time after eating by using a 1 teaspoon of salt dissolved in a glass of warm water. Do not swish when rinsing your mouth; instead, slightly lower and gently move your head right to left.
- Do not spit out water, but let it drain out in the sink.

STITCHES

- Stitches (if present) will dissolve in approximately 7-10 days. They may come loose or fall out before your first post-operative visit.
- If there is no continuous bleeding, discomfort or pain, this is not a cause for concern. If you had a dental implant placed and the stitches fall out, advise the office.
- Do not attempt to remove a stitch on your own.

NUTRITION

- During the first 24 hours following your surgery, avoid hot fluids (tea, coffee, hot soup) and avoid chewing on food.
- Limit yourself to a soft diet such as pudding, Jell-O, yogurt, applesauce, scrambled eggs, mashed bananas and overcooked pasta. Liquid supplements such as Ensure, Boost and Carnation Instant Breakfast are also excellent.
- Increase your nutrition gradually but avoid hard to chew foods until your first post-operative visit.
- Drink plenty of fluids and do not use straws.

ACTIVITIES

- During the next 5 days following the surgery, it is not advisable to go to the gym, participate in sporting activities, swim, lift and/or push heavy objects.
- It is not recommended that you perform any strenuous physical activities during your recovery period.

SMOKING

- Smoking seriously delays the healing process and increases the risk of infection in the mouth.
- Avoid smoking during the first 48 hours following the surgery.
- Reduce smoking as much as possible to ensure proper healing.

DENTURES

- If dentures have been placed in the mouth, they should remain in place for the first 24 hours.
- After 24 hours, you may remove them to rinse and then put them back into the mouth immediately.
- You may remove the dentures to soak overnight on your second post-operative night.
- Schedule an appointment with our specialists for any adjustments.

FIRST POST-OPERATIVE VISIT

Remember to bring any dentures, night guards or other oral prostheses so that our doctors can evaluate a proper fit.