

POST-OPERATIVE INSTRUCTIONS - PERIODONTAL SURGERY

By following these instructions, you will continue to have an optimal recovery:

1. When the anesthesia wears off, you may have some discomfort from the operation that was just performed. Your dentist can recommend a pain medication for you, if necessary.
2. After leaving the office, rest and **avoid** all strenuous activities (work or play) for several days – keeping blood pressure lower will reduce bleeding and aid healing.
3. A periodontal dressing has been placed around your teeth. It is comparable to the surgical dressing used in other types of operations. It serves a very useful purpose and should not be disturbed.
4. The periodontal dressing will become semi-rigid within a few hours. It can then withstand some of the forces of chewing without breaking. Please limit yourself to a semi-solid diet and avoid excessively hot foods for the first day. Continue to follow a semi-solid diet for 7 – 10 days and avoid eating on the side with the dressing.
5. The dressing should be permitted to remain in place as long as possible. Small particles may chip off during the week. Should a sizable portion become loose or fall off, please call the office. While the dressing is in place, you may notice a slight pain or soreness in the cheek or inside of the mouth. The edge of the dressing may be irritating the tissue. You should not be concerned that anything has gone wrong in the operated area. Please call the office if the soreness persists. It can be easily remedied.
6. Rinsing is not an important part of the treatment. The only real purpose it serves is to give you a sense of better oral hygiene. **Do not rinse for 24 hours following your surgery**. After that time period, if your mouth does not feel clean, you may rinse every two hours with warm water or a diluted mouthwash.
7. You may use your toothbrush as you usually do, but do not use it on the dressing. Avoid vigorous brushing in parts of the mouth which have previously been operated upon and from which the dressing has been removed. Try to keep food from accumulating in these areas with gentle use of the toothbrush and the rubber tip.
8. You may follow your regular daily activities. Avoid excessive exertion of any type. Athletics and long exposure to the sun should be avoided for the first three days after the operation. Also...no swimming.
9. You may experience a slight feeling of weakness, chills or fever during the first 24 hours. This should not be cause for alarm, but it should be reported to the office.
10. There may be occasional blood in the saliva for the first four to five hours after the operation. This is not unusual and will correct itself. If there is considerable bleeding, take a piece of sterile gauze, form it into the shape of a “U”, hold it in the thumb and index finger, apply it to both sides of the dressing and hold it under gentle pressure for 10 minutes. Do not remove it during this period to examine it. If the bleeding does not stop at the end of this time, please contact the office. **Under no conditions should rinsing be used to try to stop the bleeding**. Call the office.
11. If you are concerned about the progress of your recovery, please call the office.

Note to women: Antibiotics may affect the efficacy of birth control pills. If you have been prescribed antibiotics and currently take birth control pills, use an additional form of birth control during the course of antibiotics and for the remainder of your cycle.

PLEASE CALL OUR OFFICE AT 383-3368 IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS.

****NOTE**** It is important to follow all post treatment instructions closely. Failure to follow the instructions may result in poor healing; more discomfort and the success of the procedure may be affected. All costs associated with corrective treatment due to complications or poor healing will fall to you.