

## **POST-OPERATIVE PERIODONTAL SURGERY INSTRUCTIONS**

1. Do not rinse, spit, brush, floss, or use a straw the day the surgery is completed.
2. You will likely experience some discomfort when the anesthesia wears off. To help you remain comfortable, please take the pain medication prescribed for you. If the medication is not adequate, please call our office.
3. On the day of surgery, avoid hot food and hot drinks to minimize the chance of bleeding.
4. Do not smoke or drink alcoholic beverages for 24 hours.
5. If you have been given a sedative prior to or during the surgery, it is imperative that you have someone remain with you for several hours after surgery. Do not operate a motor vehicle for the remainder of the day.
6. It is desirable for you to remain as quiet as possible for the remainder of the day of surgery. Do not exercise, play any sports, or do heavy lifting for at least 24 hours after surgery.
7. Some swelling is common following surgery. The swelling can be minimized by applying ice to the face at the surgery area. Use ice over the surgical area for the first 24 hours (20 minutes on, 20 off) or until you go to sleep. Drink ice-cold or refrigerated water throughout the day. After 24 hours, use moist heat (i.e. hand towel under hot water).
8. A dressing may have been placed to protect the healing area. Do not eat in the area where there is a dressing. This will help prevent it from becoming dislodged. The dressing may loosen or fall off before your next appointment; this is normal.
9. Eat soft, easy to chew foods for 24 to 48 hours following surgery and drink plenty of liquids.
10. Occasionally after surgery patients may have some nausea. Drinking carbonated beverages (Coke, Pepsi, 7-Up) will usually relieve the upset stomach.
11. Thoroughly clean the teeth not involved in the surgery in your usual manner every day. Rinsing with **warm** salt water or medicated mouth rinse is preferable the first few days. However, do not brush surgical area until you come back for the doctor to look at it. A new toothbrush is recommended.
12. Some bleeding is common following surgery. You may notice a red or pink color to your saliva, this is normal. If the bleeding should persist after the first day, or be excessive at any time, please call our office.
13. If dissolving stitches are used, they will start to come loose in 3-7 days. This is normal and should not cause any problems. If nondissolving stitches are used, we will remove them at your post-op appointment.
14. Rinses: 1 tsp. salt to 8 oz. glass warm water.

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