

Post Op Instructions: Periodontal surgery

- 1) Take all medications that your doctor has prescribed according to directions.
- 2) Avoid eating hot (temperature) or spicy food for 24 hours (hot coffee tomorrow morning is fine) post surgery.
- 3) Absolutely no rinsing, no drinking through a straw, and no spitting for the next 24, it will interfere with healing.
- 4) NO smoking! It will interfere with healing.
- 5) Some bleeding is normal for the next 48 hours. Take a piece of gauze, fold, moisten and apply pressure on area with it. Alternatively use a moist, black tea bag, wrap in moist gauze and apply pressure with it. Provide constant pressure to area for 10 minutes. Repeat as needed.
- 6) DO not chew on side of surgery, do not pull lip or cheek until sutures are removed (or at least 5 days after procedure). Soft food for a few days is to be preferred.
- 7) SWELLING is normal in the area of surgery, and it will increase in the following days. Swelling peaks about 2-3 days post surgery. To minimize, place a cold compress on area 15 min on, 15 min off for the first 6-8 hours; sleep with 2 pillows for the first 2 nights. If persists and /or gets worse, please call our practice.
- 8) If a PERIODONTAL BANDAGE has been applied, must be removed by the 3-5th day. If it dislodges before that, do not get alarmed, gently remove it and take extra care to avoid the area.
- 9) Keep the area clean. Starting the day after the surgery, rinse with prescribed antibacterial rinse or salted water (one cup of warm water with one teaspoon of salt) until suture removal or for a minimum of 5 days.
- 10) After periodontal surgery, sensitivity of teeth may occur as well as minor mobility. It should go away in a few days/weeks.
- 11) Please contact us if any numbness of the area persists the day after the procedure or if you think the swelling is excessive.

If you are calling for an emergency after hours, please dial 603.772.4352. If you do not receive a call back within 30 minutes, please call again. If it is a true medical emergency, please dial 911.