



### **Periodontal Surgery Postoperative Instructions**

Please read the following instructions carefully.

*They will help you to heal quickly & prevent complications.*

#### **Activity:**

Reduce your activity immediately after surgery, but resume as soon as you feel back to normal. Most patients can resume high impact activity within 2-3 days post surgery.

#### **Cleaning the mouth:**

**Avoid brushing in the surgical area for 2 weeks** or until instructed to do so by your doctor or an assistant. After that time you can resume brushing very gently using the ultra-soft brush provided. More aggressive brushing can resume 21 days after surgery. If you were given a prescription mouth rinse, apply as directed starting the day after surgery. Warm salt water may also be used in addition to the mouth rinse, also starting the day after surgery.

**Avoid** peroxide and over the counter mouth rinses during the first 2 weeks, they may dissolve blood clots and rinse away bone graft material. Brush and floss normally all areas not involved in surgery. If periodontal packing was placed, gently brush around the dressing.

#### **Discomfort:**

Following all types of surgery you can expect some discomfort. Over the counter anti-inflammatory like Advil, Motrin, ibuprofen, and Aleve tend to work the best and can be taken in conjunction with prescribed pain medication.

Take the ibuprofen or comparable anti-inflammatory as follows:

**Ibuprofen 200 mg (3 Tabs) *Plus* Tylenol 500mg (1 Tabs) = 4 total tablets**

Take all 4 tablets with food every 4 hours or 4 times per day.

Alternatively, you may take ibuprofen 200mg (2 Tabs) plus Tylenol 500mg (1 Tab) = 3 total tablets

The prescription pain medication can be used as a back-up as needed. Taking pain medication with milk or other food helps prevent nausea. If **nausea** develops, reduce or eliminate the pain medication and try to eat a small portion of mild food such as yogurt.

#### **Swelling:**

If you were given an ice pack it should be placed on the face adjacent to the surgical site during the first 24 hours (15 min. on, 15 min. off) to help minimize swelling. Ice chips or iced beverages held in the mouth will also help. Some swelling is normal and tends to peak on the 3rd day, subsiding over the next few days.

#### **Bruising:**

In some cases, facial bruising can occur, sometimes a few days after surgery. Because surgical incisions do cut blood vessels, bleeding under the surface of the tissue can later appear as a bruise.

**Bleeding:**

There will often be a small amount of bleeding after surgery. The cold water and/or ice pack will minimize bleeding. Avoid smoking, spitting, vigorous rinsing, or sucking actions. Also avoid alcohol or peroxide mouth washes, they dissolve blood clots. **Heavy bleeding:** **1.** Rinse with cold water gently. **2.** Look for and wipe away any dark blood clots from the surface of teeth or gums. **3.** Apply firm pressure for at least 20 min. using hot moist gauze or wash cloth **4.** If bleeding continues use a hot moist tea bag and call the office.

**Fever:**

A fever beginning the second or third day after surgery may indicate infection. Call the office immediately for instructions.

**Eating:**

Eat only cold or room temperature soft foods the day of surgery. After the first day eat whatever is comfortable. Stay on a soft but balanced diet. Try to include sources of protein in your diet, such as eggs, cottage cheese, yogurt, oatmeal, soups or meats that are very tender. Avoid hard or chewy foods, especially popcorn, chips, peanuts and tough cuts of meat etc. Do not use straws for your beverages.

**Dressing:**

Dressing COE-PAK™ (putty like material) is occasionally used to protect the surgery site during the first few days of healing. Some or all of this material may dislodge shortly after your surgery or at some time before your 1st follow-up appointment. There is no need for alarm, this is normal.

**Antibiotics:**

If antibiotics are prescribed, take them as directed until they are ALL GONE. If you have an adverse reaction such as itching, nausea, or excessive diarrhea, discontinue the antibiotics and call the office.

**Smoking:**

Please do **NOT** smoke during the 1st month following periodontal surgery. Nicotine constricts blood vessels, compromises the immune system, and is an irritant to healing tissue. Any reduction in smoking will improve healing. Try a ½ pack daily limit.

**Telephone:**

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During business hours your doctor can be reached by calling the office. After hours you may call their cell phone.