

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: Surgical areas should be brushed gently at first, using the **ultra soft brush** provided. More aggressive brushing can resume in 10-14 days after surgery. If you were given a prescription mouth rinse, apply as directed. **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-inflammatories** like Advil, Motrin, Ibuprofen, and Aleve tend to work the best and can be taken in conjunction with prescribed pain medication. Consider taking pain medication with milk or other food to help prevent nausea. If **nausea** develops, reduce or eliminate the pain medication and try to eat a small portion of mild food such as yogurt.

Ice packs should be placed on the face, adjacent to the surgical site during the first 24 hours (15 min. on, 15 min. off) will help to 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.

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 **2.** Look for and wipe away any dark blood clots from the surface of teeth or gums. **3.** Apply firm pressure for at least 10 min. using a cold moist wash cloth **4.** If bleeding continues, call the office.

Fever beginning the second or third day after surgery may indicate infection. Call the office immediately for instructions @ 760-944-7844.

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. Avoid hard or chewy foods, especially popcorn. **Recommended supplements:** Vitamins C, B complex, & E, Coenzyme Q10, and Calcium.

Dressing: Dressing (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 prior to your 1st follow-up appointment. There is no need for alarm, this will allow you access to begin gently brushing the surgical site.

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: Office (760) 944-7844 or Dr. Robert's Cell Phone (760) 815-7386