



PRECISION

PERIODONTICS & IMPLANTOLOGY

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

CARE OF THE MOUTH: If surgery has involved only one side of the mouth, chew on your opposite side for 10-14 days. Eating should be avoided after surgery until the local anesthesia has worn off completely. Avoid hot, hard, chewy, or acidic foods for 10-14 days. **DO NOT** use a straw, smoke or spit. You can brush the side not worked on. Do not brush the surgical site for 10-14 days. We will give you a mouthwash to keep the surgical site clean.

DO NOT brush with an ELECTRIC toothbrush until 4 weeks after surgery.

Periodontal Packing- If periodontal dressing is placed, it will most likely come off before your post-op visit please discard putty and follow with recommended care. If not, it will be removed at your post-op visit.

MOUTHRINSES- If an antimicrobial rinse has been prescribed to remove plaque following surgery, begin rinsing 24 hours after surgery- twice daily. Listerine or warm salt water (1/4 tsp. per cup of warm water) can also be used.

SWELLING: You may expect some swelling after surgery. To minimize swelling, place an ice pack against the face every 15 minutes the first 2-3 hours, then 15 minutes every hour over the next 24 hours. Try to keep head elevated for 3-4 days with an extra pillow at night. You can continue using ice pack for the next 3-4 days.

BLEEDING: Expect a small amount of oozing (pink saliva) after surgery. Do not be alarmed if the area continues to bleed slightly or ooze for one or two days, however, if the bleeding is excessive or continuous, place a moistened gauze pad or a tea bag and apply pressure for 30 to 45 minutes. Repeat if necessary. Call the office if bleeding is profuse and continuous.

DISCOMFORT: Following surgery, a certain amount of discomfort can also be expected. Usually this is slight and can be controlled **with Advil (3-4 pills, (600-800 mg) every 6-8 hours, or Aleve 1-2 pills every 12 hours. You can take Acetaminophen (Tylenol) 325 mg (every 6 hours) along with Ibuprofen/Aleve. (Let us know if you are allergic to the above-mentioned medications) (DO NOT take Ibuprofen or NSAID's if you are on a blood thinner like Plavix, Warfarin, Eliquis, Xarelto etc).**

INFECTION: An antibiotic will be prescribed with surgery. It is very important to take the antibiotics as prescribed. Signs of infection would include fever, facial redness and increased swelling after 48 hours or a bad taste. Please call our office if you experience these symptoms.

TOOTH SENSITIVITY: It is quite normal to experience tooth sensitivity to hot and cold. This is a temporary condition and will gradually improve with time. Sensodyne toothpaste can also be used to help with these symptoms.

PHYSICAL ACTIVITY: Avoid all strenuous activity for 14 days. This could potentially increase bleeding and swelling. Avoid movements bending the head downward below the heart. During this period, walking or light aerobic activities are acceptable.

If you have any problem that you consider an emergency, please call **520-745-5722**