

PERIODONTAL SURGERY POST OP INSTRUCTIONS

1. When the anesthesia wears off, you may experience slight discomfort, but in general there should be no appreciable pain from the operation.
2. During the first 24 hours, there may be occasional blood straining in your saliva. This is not unusual and will correct itself. If more noticeable bleeding occurs, try to see where it is coming from and take a sterile piece of gauze, form it into the shape of a "U" and hold it on the location for twenty minutes. Do not take it out to check it during this time. Also remain sitting or standing, do not lay down.
3. Some swelling may occur. To minimize this, apply cold compresses to the side of your face for twenty minutes, take it off for twenty minutes, and then repeat. This can be continued for 36 hours. At the end of this time, if there is any swelling, hot compresses will help reduce it faster.
4. If there is a dressing in your mouth, it should remain undisturbed for one week. Little bits and pieces may chip off during the week; this is normal. However if the entire dressing becomes loose or falls off, please call the office.
5. Do not brush or floss the area of surgery, but maintain optimal oral hygiene in the rest of your mouth. You may use a Q-tip with toothpaste or hydrogen peroxide on the dressing or sutures.
6. If you were given a prescription for PERIDEX rinse, use as directed; following brushing and flossing, rinse for thirty seconds twice daily. Beginning tomorrow, you may also rinse with a solution of a teaspoon of salt in glass of warm water. This can be done every two hours.
7. Avoid physical exertion this week, especially during the first two days.
8. A well balanced diet is necessary during healing. This should consist of liquids and soft foods.

Please call the office if you experience excessive pain, bleeding or swelling or if you have any further questions. 296 – 0990 (w) 595 – 1270 (c)