

## PERIODONTAL POST-OPERATIVE INSTRUCTIONS

**CARE OF THE MOUTH:** Do not rinse the first two hours. Avoid exertion the first 24 hours. Do not disturb the dressing. You may use a cotton swab to clean the surface of the teeth in the area of surgery and dressing if desired. For one week following the surgery do not brush on the side(s) of the mouth that were operated on. After a week start gentle brushing and flossing. Continue cleaning other areas of the mouth.

**PAIN:** Discomfort may be present when surgery has been extensive. In order to keep postoperative swelling to a minimum, ice packs should be applied to the outside of the face at the area of surgery every other one-half hour on the day of surgery. Avoid clenching or gritting of the teeth after periodontal surgery as pressures on the teeth will cause pain.

**DO NOT DRIVE AN AUTOMOBILE OR WORK NEAR DANGEROUS MACHINERY, POWER SAWS, ETC. AFTER TAKING PRESCRIBED TABLETS FOR PAIN.**

**ANTIBIOTICS:** If antibiotics are prescribed, take them as directed until all have been taken. Antibiotics taken by mouth may cause some stomach upsets. Continue to take the antibiotics unless this becomes severe. If a rash or any type of allergic response should occur while taking antibiotics, discontinue taking them and call the doctor.

**BLEEDING:** Do not rinse mouth for the first few hours. A small amount of bleeding is normal for several hours. One drop of blood will discolor saliva to a light red color. If bleeding is excessive:

1. Apply dry gauze or tea bag moistened in warm water on each side of bleeding area and hold with pressure for 30 minutes. Repeat if necessary.
2. Place an ice bag against cheek or jaw.
3. Sit up in bed or prop head up with 2 or 3 pillows.
4. If bleeding continues, call the doctor at the practice or at home.

**SWELLING & BRUISING:** When surgery has been extensive some amount of swelling & bruising is expected. The use of the ice, as suggested above, is very effective in reducing the possibility of swelling. The day after surgery the salt water rinse, and a warm moist heat pad applied to the side of the face are helpful in reducing the swelling.

**SUTURES:** If you have sutures that have to be removed it will be done when you come in for your follow up. If sutures become bothersome call, do not try to remove your own sutures. Most of sutures should dissolve on there. It is common for some sutures to be present in two weeks after surgery.

**DIET:** Adequate nutrition is essential for normal healing. A high protein diet is desirable. Do not chew on the side that has the protective dressing. For the first meal after surgery, a soft meal, is recommended if no complications have developed. Any food that is comfortable for you to chew is okay. Please stay away from hard, crunchy, or chewy and spicy foods. Heavy sugar drinks are to be limited.

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