



Instructions following Periodontal Surgery

1. You may experience swelling. This can be minimized by immediately applying ice packs to your face, 10 minutes on and 10 minutes off, until bedtime or approximately 6 hours on the day of surgery only.
2. You may experience some bleeding during the first 24 hours. Do not be concerned if saliva appears slightly red. If bleeding continues or is profuse, apply pressure with a moist tea bag directly on the bleeding area for 20 continuous minutes. If this does not control the bleeding call the office at (508) 281-6464.
3. You may experience pain. Take the pain medication as prescribed. Start taking the medication BEFORE the anesthesia wears off. DO NOT operate automobiles or any machinery while taking the medication.

YOU MAY EXPERIENCE SOME, ALL OR NONE OF THE ABOVE. IN ANY EVENT, THERE ARE ADDITIONAL SUGGESTIONS WHICH, IF FOLLOWED, WILL MAKE YOU MORE COMFORTABLE.

1. DO NOT SMOKE OR DRINK ALCOHOL for at least 24 hours following the surgery, as this may increase the chance for serious bleeding.
2. DO NOT RINSE for the first 6 hours as you may dislodge the dressing. Thereafter, rinse daily, as desired with mouthwash.
3. EAT an adequate but soft diet and keep fluid intake high for the first 24 hours.
4. If an antibiotic has been prescribed, take as directed until all medication has been taken. Take this medication before meals. Discontinue only if you react unfavorably.
5. When going to sleep try to avoid face pillow contact on the side of the surgery.
6. A dressing might be placed to make you feel more comfortable during the healing period. If the dressing bothers you can peel it off after 2-3 days.
7. Brush your teeth normally but DO NOT BRUSH THE DRESSING OR THE TEETH IN THE AREA OF THE SURGERY.
8. Do not use a "water pick".

You have had a surgical procedure; any discomfort can be considerably minimized if you remember to:

Apply ice as soon as possible
Take medication as prescribed
Eat an adequate diet

Feel free to call us at any time for advice or help. It is our desire to have you as comfortable as possible during the healing period.

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