

Periodontal Surgery - Post-Operative Instructions

Medication: The prescribed antibiotic **must** be completed.

Discomfort: Ibuprofen (Advil) and Acetaminophen (Tylenol) are usually sufficient.

I recommend 600 mg Ibuprofen every 6 hours. If needed, 2 Tylenol extra-strength (500 mg each) can be taken in addition to this (in between Ibuprofen doses).

Please contact me if these medications cannot manage your post-operative pain, in which case stronger pain medications may be prescribed.

Bleeding: It is not unusual to have mild post-operative bleeding. If the site continues to bleed, rest and apply constant pressure with a moist gauze or a moistened black tea bag for 20-30 minutes.

To reduce risk of bleeding, please follow the following instructions for the next 1-2 days: **Do not rinse your mouth rigorously; Avoid intense physical activity; Do not drink through a straw or smoke; Do not spit; Do not drink alcohol for 24 hours following surgery.**

You may want to cover your pillow to avoid staining it the night following surgery.

Swelling and Bruising: To reduce risk of swelling and bruising, use a cold pack (ice or frozen vegetables) wrapped in a moist towel on the side of your face - 10 minutes on and 10 minutes off for the first few hours following the surgery. Swelling may start 24-48 hours after the surgery.

Diet: Try to limit your diet to softer foods: eggs, pasta, fish, etc. Please avoid any hard foods: apples, carrots, nuts, steaks.

In general, your comfort level will increase as healing progresses.

Oral Hygiene: After surgery, it is important to keep your teeth and mouth as clean as possible. Anti-bacterial mouthwash will be prescribed to you. Please use it twice a day, **starting the day after the procedure**. Ideally, do not eat, drink, or rinse your mouth for 30 minutes after mouthwash to allow for optimal effect. Saltwater rinses (1 tsp of table-salt in 1 cup of water) can also be used. Please do not brush the area of the surgery until your post-op appointment.

Non-treated areas can be brushed normally.

If a periodontal dressing is placed, it may fall off on its own. Do not be alarmed if this occurs. The dressing may be gently removed with your fingers if it becomes loose.

Following periodontal surgery:

- 1) Your teeth may be temperature sensitive. This is normal and will gradually subside over time.
- 2) Your teeth may become more mobile. This usually is temporary and will resolve once the tissues firm up during the initial healing period. Do not move the loose tooth or teeth with your tongue or fingers. It is possible to produce further loosening or movement of the teeth with such habits.
- 3) You may experience larger spaces between the teeth. We will discuss this and provide you with appropriate instruments for ideal and effective oral hygiene.

Post-operative appointments: You will be seen two weeks after surgery to assess initial healing and suture removal. We will also discuss specific oral hygiene instructions and arrange follow-up care and hygiene maintenance.

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