

PATIENT INSTRUCTIONS AFTER PERIODONTAL SURGERY

Please read the following instructions carefully. This will prevent complications and improve the results of your surgery.

Activity: Reduce your activity following surgery. No running, weight lifting or any strenuous aerobic activity or contact sports for 48 hours. Refrain from exercises that may place your head below your heart such as Pilates or Yoga.

Care of your mouth: Immediately after surgery keep ice cold water in your mouth or other cold foods, such as ice cream or low-fat yogurt, for six to eight hours. Allow these cold foods to defrost in your mouth thereby cooling the surgical site. Application of an external ice pack is of little value. Do not brush your teeth in the areas that have dressing or sutures. Do all normal cleaning procedures of teeth that did not have surgery. If you have a tissue graft, do not touch or pull your lip to look at the graft.

Discomfort: Following all types of surgery you can expect some discomfort. If pain medication is prescribed, take as directed. If nausea develops, take the medication with milk or foods. **Do not** drink alcoholic beverages in combination with pain medication.

Swelling: In some cases swelling may be expected, but it will go away in 3 to 4 days. After 24 hours, stop using cold. Use warm, moist washcloths on the face after 3 days.

Bleeding: There will be a small amount of bleeding in your mouth following surgery. The cold food or drink after surgery will minimize bleeding. Avoid spitting, rinsing or sucking actions since this will disturb the surgical site. If bleeding persists, dip gauze in iced water and press **firmly** on the area for at least 10 minutes. If bleeding continues, call the office.

Eating: Eat only cold, soft foods on the day of surgery. After the first day, stay on a soft but balanced diet. Do not eat hard, chewy, crunchy or spicy foods.

Stent (retainer): If you are given a stent, leave it in place for 24 hours. Remove and clean after 24 hours and replace for eating for the remainder of the week.

Dressing: Pieces of the surgical dressing (pack) may come off. This is not a problem and should be expected. If there is bleeding or pain following dislodgment, please call the office.

Antibiotics: If antibiotics are prescribed, take them as directed until they are **all gone**. If an allergic reaction and/or nausea develops, call the office.

Smoking: Please do not smoke following surgery. Tobacco smoke is an irritant and delays healing of the tissue. Refrain from smoking for as long as possible.

Telephone: If you have any questions, call the office. After hours and on weekends, for emergency only, you can page the doctors by dialing the office number and following the voice mail directions. After you have dialed your doctor, state your name and phone number including the area code, and the nature of your emergency. Your doctor will be paged and will return your call as soon as possible.