

Post Surgical Instructions

After the periodontal treatment, proper oral hygiene must be maintained in the surgical area to aid in healing. Do not brush the area which received surgery for one week. After one week, carefully brush the teeth while avoiding the gums in the area of surgery. The gums and lower parts of the teeth should be cleaned with a dampened piece of cotton in salt water or chlorhexidine. Regular brushing can be resumed after 2-3 weeks after surgery unless instructed otherwise. Gentle flossing can be resumed in 3-4 weeks.

After periodontal surgery, sensitivity of the teeth may occur. This is remedied by maintaining proper oral hygiene and by the use of specially formulated sensitive toothpaste, such as, Sensodyne.

Return for your appointment to have the periodontal pack and any sutures removed. If the sutures loosen or come out within 3 days, please inform the office.

Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.

No vigorous rinsing, drinking through a straw, or spitting for 5 days so the blood clot will not be disturbed. Starting 24 hours after surgery, gently rinse your mouth with chlorhexidine, rinse twice a day, once in the morning and once before bedtime for 2 weeks. After rinsing chlorhexidine do not spit forcible allow the liquid to fall out of your mouth and into the sink.

The first 24 hours of surgery it is important to rest as much as possible with your head elevated. No vigorous exercising for 7 days. Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs place a wet teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary. Do not pull back the lips or cheeks to look at the area until the sutures are removed as this can disturb the surgical site and increase your chance of complications.

Do not eat by the surgical area for 1 week or otherwise instructed. Soft nutritious foods (pasta, mashed potatoes, yogurt, protein shakes etc.) will be necessary for the first few days. Avoid acidic and crunchy foods (potato chips, Doritos, popcorn etc.). Drink plenty of fluids. Do not use tobacco or drink alcohol as these will delay healing.

Swelling can be lessened by placing a cold compress (bag of frozen vegetables) on the face alternating on and off for 20 minutes during the first 72 hours.

Take all medications the doctor has prescribed for you according to directions.