

POST OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

**FIRST 24 HOURS:** *to avoid bleeding, bruising, and swelling:*

- Do NOT rinse, Do NOT drink through a straw, Do NOT spit
- Only drink liquids or eat foods at room temperature or cooler- NOTHING hot
- NO physical activity for minimum of 24-48 hours- ie: exercise
- NO medications that can thin your blood for 24 hours– ie: Aspirin, Coumadin (can start **if no bleeding after 24 hours**)
- **Apply ice to the outside of your face** throughout the next 24 hours- 20 minutes on, 20 minutes off
- Some bleeding is normal. If bleeding persists, apply pressure with gauze, a tea bag, or clean cloth. Sit in an upright position, no rinsing or spitting, apply pressure continuously for 45 minutes and repeat if necessary.

**DISCOMFORT:** Is likely the first day. The area can begin to ache again at the 3<sup>rd</sup> and 4<sup>th</sup> day because healing is most active, this is normal.

**RINSE:** after 24 hours begin rinsing with warm salt water ONLY (a pinch of salt in 8 oz water) Rinse only twice a day

**SWELLING:** can occur following surgery, as can bruising

**PERIODONTAL DRESSING:** It is fine if this plastic-like bandage falls off in the first 24 to 36 hours. REMOVE the dressing after 7 days if it has not fallen off and begin gentle brushing.

**SUTURES:** will dissolve between 3 and 7 days unless they are nylon, we will remove those

**EATING:** Avoid eating on the side of surgery. Softer foods are easier to manage.

**ORAL HYGIENE:** Avoid brushing the surgical area for 7 days post op. Do not use an electric toothbrush for surgical site for 6 weeks. Avoid flossing until your post op appointment.

**TOOTH PASTE and MOUTH RINSE:** for 7 days post op do not use any mouth rinses or toothpaste other than toothpaste with cavity protection- ie: no whitening, baking soda, or peroxide, etc.

**MEDICATIONS:** Finish all antibiotic prescriptions. We will provide a prescription pain medication BUT most post op pain can be managed by rotating ibuprofen and tylenol. 3 hours after you take for example, ibuprofen, you can take tylenol, three hours after you take the tylenol you will be ready to take the ibuprofen as 6 hours will have passed.

**ADDITIONAL:** Do not “pull on your lip” to look; Do not vigorously rinse or “pouch your lips”; Do not put gauze between teeth and gums to stop bleeding.