

## PERIODONTAL SURGERY POST-OP INSTRUCTIONS

**First 24 hours:** Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning. Rest as much as possible with your head elevated.

**For the first week: DO NOT** pull back the lips or cheeks to look at the area as this can disturb the surgical sites and increase complications. No drinking through so the blood clot will not be disturbed. No vigorous exercising. **Very gently** rinse with oral rinse 2 times per day. **Do not swish, do not spit.**

Do not eat by the surgical area. Soft nutritious foods will be necessary for the first few days. Avoid acid and crunchy foods and carbonated drinks. Try and keep servings to 10 grams of sugar and less. Drink plenty of fluids.

Swelling can be lessened by placing a cold compress on the face alternating 20 minutes on and 20 minutes off for the first 72 hours. 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 this as necessary.

If a periodontal pack has been placed in your mouth **do not remove it**. The pack should remain in place for one week. If the pack comes off before this time, it is not an emergency, but the doctor should be notified. 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.

No smoking or drinking alcohol for 2 weeks and these will delay healing.

**After the first week:** Carefully brush the teeth while avoiding the gums in the areas of surgery. The gums and lower parts of the teeth should be cleaned with a dampened piece of cotton. Gentle flossing and regular brushing can be resumed after 3 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.