

# POST-OPERATIVE INSTRUCTIONS AFTER PERIODONTAL SURGERY

## SURGERY DAY 1 - SURGERY DAY 7

### *Things to do:*

**For discomfort:** take the prescribed medication as directed for the first 7 days after surgery, regardless of discomfort (*it is much more difficult to stop discomfort once it starts*)

**For swelling:** during the first 24 hours after the surgery, place an ice pack (or ice cubes in a plastic bag) covered with a paper towel over your face in the area of the surgery. Place the ice pack on for 15 min. at a time and remove the ice pack for 15 minutes. This will minimize the amount of swelling and make the healing more comfortable. Try to sleep with your head on an elevated position.

**In case of bleeding:** locate the area of bleeding by drying your mouth with gauze

- Place gauze on the outside and inside of teeth at the area of bleeding
- Apply firm constant pressure with fingers for 20 minutes (don't stop to look at it)
- If bleeding persists; apply a wet black tea bag (non herbal) for another 20 minutes
- If bleeding persists, call the office immediately

*(Slight amount of oozing is expected during the first few days after surgery, and since it mixes with saliva, it may appear excessive – place a towel over your pillow to prevent possible staining of your sheets.)*

**Eating:** Nutrition is important to the healing of your surgery. Be sure to eat a well-balanced diet.

- Wait until the anesthetic wears off before eating
- Eat a luke warm, semi-solid diet such as soup, pasta, rice, eggs, ice cream, steamed vegetables
- Stay away from hard-to-chew, hot and spicy foods
- Chew on the side opposite of the surgery

**Cleaning:** meticulous oral hygiene will promote faster healing and prevent potential infections.

- Brush all of your teeth except where there are sutures.
- Do not use toothpaste. Instead, brush with an antiseptic mouth rinse (Peridex, Periogard) placed in a glass.

**Medications:** If an antibiotic has been prescribed, start as soon as possible. If you notice any side effects, call our office. (Antibiotics are not always prescribed after periodontal surgery.)

### *Things not to do:*

- Do not rinse your mouth, spit, kiss or drink from straws. All forms of vacuum in the mouth cause bleeding.
- Smoking and drinking alcohol are not advised during the first week after surgery.
- Avoid strenuous activity, as this may lead to bleeding.

## SURGERY DAY 8 - SURGERY DAY 14

### *Things to do:*

**For discomfort:** take the prescribed medication beyond the 8<sup>th</sup> day (after surgery) only if you have discomfort

**In case of bleeding:** same as above

**Eating:** same as above

**Cleaning:**

- You may resume using toothpaste. You may gently brush the teeth involved in the surgery.
- Rinse with the prescribed antiseptic mouth rinse, each time for 30 seconds, unless you had a gum graft.

**Medications:** If an antibiotic has been prescribed, continue to take the full course of medication, until all of them are gone. If you notice any side effects, call our office.

### *Things not to do:*

- Smoking and drinking alcohol are not advised during the first 2 weeks after surgery.

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