



foundation

DENTAL SPECIALISTS

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PERIODONTAL SURGERY POST-OPERATIVE INSTRUCTIONS

Preoperative Medications Given:

Medication: _____

Time: _____

Periodontal Surgery Post Operative Care

1. **General Healing:** Be very gentle with your mouth for the first few days after surgery. Avoid vigorous rinsing or brushing close to the surgical site. Also, do not smoke, spit, or drink through a straw for two weeks following the surgery.

It is normal to feel **soreness** for 1-2 weeks following an oral **surgery** procedure. Additionally, while it may be tempting to pull back your lip to check how the surgery is healing, you mustn't do this.

Pulling on your lip may put extra tension on the sutures, causing them to come loose **early** and may interfere with surgical healing. In general, following these instructions will help you remain comfortable, minimize any swelling, and help the surgical area heal without complications.

2. **Discomfort:** Take 600mg of ibuprofen and 1000 mg of acetaminophen every 6 hours for the first three days following surgery. Afterward, you may continue to take 600mg of ibuprofen and/or 1000mg of acetaminophen every 6 hours as needed for pain. Ibuprofen and acetaminophen, when taken together, have a synergistic effect and are more effective for pain control than opioid medications. They also have significantly fewer side effects.

While minor discomfort may persist for 1-2 weeks, it should continuously feel better every day. Any discomfort or swelling that worsens after one week may indicate an infection. Please get in touch with us right away if this is the case so that we may further assess.

3. **Bleeding:** In general, light bleeding for the first 24 hours after a surgical appointment is normal. It may mix with your saliva, causing it to look red or pink when you rinse, and this is no cause for concern. However, if you notice that bleeding starts to increase, apply firm pressure to the area for ten minutes by biting on gauze. A moist tea bag will also work well for this. If you cannot get the bleeding to stop, call our office. If it is after hours, you will be directed to an emergency answering service, who will put you in contact with **one** of the doctors at our practice.

4. Antibiotics: If you were prescribed antibiotics, be sure to take them as directed until they are finished, even if the surgical area is already feeling better.

5. Diet: Eat soft foods only for 2 weeks following the surgical procedure. Anything spicy, hard, crunchy, or chewy should be avoided until after your post-operative visit. Food suggestions to get you started: oatmeal, eggs, yogurt, mashed potatoes, hearty soups, fish, ground meats, soft cheeses, boiled or very well-cooked vegetables, cooked spinach, bananas, soft cooked rice, etc.

6. Oral Hygiene: Use the prescribed mouth rinse (Peridex) or a saltwater rinse (1 tsp of salt in one cup of warm water) twice daily beginning the morning after the surgery. Brush and floss as usual everywhere except the area of the surgery for one week. Then for the following 3 weeks, swab slightly with a QTip saturated with Chlorhexidine at the surgical site around the gum twice daily. After one week, you may gently brush just the biting surfaces of the teeth in the area of the surgery.

7. Swelling and Bruising: Minor swelling and bruising on the inside or outside of your mouth is normal and will usually begin to subside after the 4th day of healing. In addition to making the 600mg of ibuprofen as directed, using an icepack in the first 4 hours after the surgery can help to minimize any potential swelling. When you get home from your surgery, hold an ice pack wrapped in paper towels or a hand towel against your cheek for ten minutes, then rest for ten minutes. Repeat this for up to six hours.

8. Sutures: Most sutures will dissolve between 7-10 days following surgery. However, in some circumstances, for example, with soft tissue grafting procedures, your doctor may use longer-lasting sutures if they feel that it will help your surgical success. In these cases, sutures will be removed by your doctor when it is appropriate to do so.

9. Activity: Refrain from strenuous activity, cardio, or heavy lifting for 2-3 days after your surgery.

10. Sinus Precautions: If you had a procedure involving your sinuses, please consider the following: **1)** Avoid blowing your nose - it is best to wipe away nasal secretions carefully. Do not pinch your nose closed. Slight bleeding or discharge from your nose is common for one to two days. **2)** Sneezing- if you must sneeze, keep your mouth open and do not pinch your nose closed. **3)** Physical activity - Do not lift or push heavy objects. Do not bend over to pick items off the ground. Keep your head above your waist. **4)** Activities - Avoid scuba diving, engaging in water sports, or other physical activities that may require you to hold your breath. Actions such as blowing balloons or playing wind instruments should also be avoided. **5)** Travel- Do not travel on planes until your provider clears.

Regular periodontal maintenance appointments should be scheduled in addition to your follow-up visits. The full mouth professional exam and scaling will ensure the preservation of your overall health and the surgical site.