

INSTRUCTIONS FOR PATIENTS AFTER PERIODONTAL SURGERY

PERIODONTAL DRESSING ▪ The material that you feel around your teeth is periodontal surgical dressing. It will become firm in about an hour and it should not be disturbed while it is setting. The dressing should/may remain in place until your next appointment when it will be removed. Small pieces of the dressing may chip off, but this is of no consequence unless it causes discomfort. If the periodontal dressing should come off or become loose prior to your next appointment, and you have questions or concerns, please call.

PAIN ▪ You may have mild to moderate discomfort after the anesthesia wears off. Most discomfort is controlled by Ibuprofen (Advil, Nuprin, Datril, Motrin IB), one tablet (200mg) with water every two hours, or two tablets taken every four hours as needed. A prescription for a strong analgesic may be issued and used as needed.

SWELLING ▪ In some cases, swelling is to be expected. To help alleviate this, ice packs, if advised, may be applied to the outside of the face over the area of surgery. Fifteen minutes on and fifteen minutes off for the first 3-4 hours. Ice cubes in a plastic bag, wrapped in one layer of a towel, work nicely for an ice pack.

BLEEDING ▪ Do not be concerned if traces of blood are noted in the saliva. Occasionally, some post-operative seepage is noted for several hours after the operation. Do not rinse the mouth vigorously for the first few hours, as disruption of the clot may occur. If you have any concern regarding bleeding, please call.

ORAL HYGIENE ▪ Meticulous oral hygiene should be continued in all non-surgical areas of the mouth. In order to not dislodge the surgical dressing, only light brushing in the area of surgery is recommended. Gentle rinsing after meals with a solution of a half-teaspoon of table salt added to a glass of warm water will help keep the dressing free of food particles, if necessary.

NUTRITION ▪ It is advisable to maintain an adequate diet after surgery. Chewing on the opposite side of the mouth is advisable, as is avoiding extremely hard or spicy foods. Foods that supply nourishment and fluids with little, if any, chewing necessary for swallowing are:

Broth, soup, ice cream, chopped ground meats, eggs, milkshakes, malted milks, custards, yogurt. Food supplements such as Instant Breakfast or Ensure are highly recommended.

If problems arise, please do not hesitate to call.

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