ETOBICOKE PERIODONTICS

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INFORMED CONSENT FOR OPEN FLAP DEBRIDEMENT (Pocket Reduction Surgery

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PLEASE ASK IF YOU HAVE ANY QUESTIONS BEFORE SIGNING THIS DOCUMENT

Periodontal pockets are spaces between the teeth and gums where bacteria collect and cause bone and tissue loss. Normal pocket depth is 2–4 mm. Pockets measuring 5 mm or deeper cannot be properly cleaned with daily brushing and flossing alone, allowing harmful bacteria to continue destroying supporting tissue.

Pocket Reduction Surgery :

- Provides direct access for removing deep bacterial deposits
- Reduces the pocket depth and improves gum attachment to the bone
- Helps maintain periodontal health and prevent disease progression
- Improves the ability for both you and your dental team to clean the area

During surgery, the gum tissue is gently lifted away to expose the roots. The root surfaces are thoroughly cleaned and smoothed. Damaged bone may be reshaped to allow the gum to adapt more closely to the tooth.

What to Expect After Surgery:

You may notice the following as part of normal healing:

- Gums appear lower (recession) more root surface visible
- Crown edges may become exposed if present
- More space between teeth — may trap food but is easier to clean
- Tooth sensitivity — usually temporary and improves with proper hygiene
- Temporary looseness of teeth — worsened by clenching/grinding habits
- Rarely, affected teeth may require future root canal treatment

Healing typically progresses over 4–6 weeks, but proper home care and scheduled maintenance visits are essential to maintain long-term periodontal stability.

After Pocket Reduction Surgery, it is important for you to follow the instructions given to you. Good oral hygiene is required for proper healing to occur, and healing is usually complete within 4-6 weeks. Despite corrective periodontal surgery, it is very important for you to adhere to the recommended schedule for your Supportive Periodontal Care (regular maintenance cleanings).

By signing below, I confirm the following:

☐ I understand the purpose and nature of Pocket Reduction Surgery

☐ I understand the surgical risks and possible complications

☐ I agree to diligently follow post-operative instructions

☐ I authorize clinical photography/video for documentation and treatment purposes

☐ I have provided accurate medical history and relevant health information

☐ I understand unforeseen conditions may require changes to the procedure

I have had the opportunity to ask questions and am satisfied with the explanations provided. I hereby consent to Pocket Reduction Surgery as recommended.

DATE: _____

PATIENT NAME: _____

SIGNATURE _____

Provider Confirmation

I certify the nature, purpose, benefits, risks, and alternatives have been fully explained and patient understanding was confirmed.

Provider Signature (Dr. Jae W. Chang): _____

Date: _____

POST OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. Following periodontal surgery, you are likely to experience discomfort as the local anesthetic wears off. Please take the pain relief medication as prescribed.

2. Immediately following your operation, you should apply an ice pack to the surgical side of your face for the first 24 hours. Then on and off at 15-minute intervals.

3. Abstaining from smoking for 6 weeks following surgery will dramatically improve healing, post-operative convalescence and improve your surgical result. Smoking exerts profound negative effects on tooth survivability!

4. Please limit yourself to a soft diet initially and avoid hot foods for 2 weeks. As healing progresses, you may then eat any non-irritating foods.

Please Avoid:

- Smoking (minimum 6 weeks) greatly increases risk of graft failure
- Hot foods/drinks (2 weeks)
- Straws or suction of any kind
- Disturbing the surgical dressing or graft site
- Alcohol for 48 hours
- Sucking, spitting, touching the area

Should significant bleeding occur:

- Do not rinse your mouth
- Apply pressure at the site with a moist gauze (palate or grafted site). Each compression with strong force minimum 15 min-20 min each without exchanging the gauze. Firm pressure for 3-5 min will not achieve anything.
- Elevate your head and do not lie down and please place a coversheet overnight in case of bleeding during sleep

5. The periodontal dressing, if placed, should not be disturbed. If the dressing falls off after the first 24 hours this is not a cause for concern. Simply continue with the post-operative protocol as recommended.

6. The roots of the teeth were uncovered during surgery. You may experience temporary sensitivity to hot and cold, to tooth brushing and to certain foods. Should these symptoms develop, please notify our office so that and a desensitizing treatment can be arranged and/or desensitizing medications prescribed.

Absolutely NO brush the surgical site for 2 weeks after surgery. After 2 weeks, you may gently and carefully brush only the top portion of the teeth (NEVER gum area). You can use a cotton tip dipping into the chlorhexidine rinse (if prescribed) or warm salt water and gently clean the teeth surface and where the gum meets the teeth minimally.

- No electric brush is allowed near the sites for 6 weeks.
- Normal brushing may resume in 3-4 weeks depending on healing process and tissue quality
- Once sutures are removed, very gentle brushing with a soft-bristle brush is required to prevent infection.

7. If a Chlorhexidine rinse (Peridex®) has been prescribed, rinse or swab the surgical site 3 times daily in the morning, midday and evening for 2 weeks following surgery.

8. Teeth near the surgical area may feel loose or sensitive — this will improve as healing progresses.

Should any issues or concerns arise, please call the office