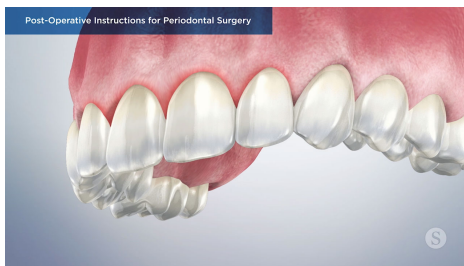


Post-Operative Instructions for Periodontal Surgery



After periodontal surgery, it is important to follow these instructions to ensure proper healing and care of your teeth and gums.



Immediately after your procedure, it's important to listen and adhere to your doctor's recovery instructions for the type of anesthetic used. Also, it's best to limit your physical activity for the first 24 hours.



To ease discomfort, before the anesthesia wears off, your doctor may allow you to take an over-the-counter pain reliever, such as Ibuprofen, or a prescribed medication to help with any soreness.



If antibiotics are prescribed, be sure to take them for the indicated amount of time, even if symptoms and signs of infection are no longer present.



Your doctor may apply a protective surgical dressing to protect the site. Do not remove the dressing yourself as it will come off in its own time.



Be careful not to rinse vigorously or use an oral irrigator for at least the first 24 hours after surgery as this may prolong bleeding.



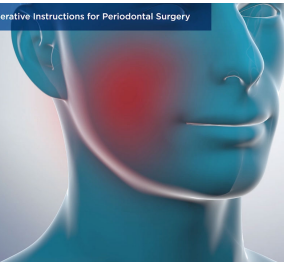
Be sure to drink lots of water, but don't use a straw for at least 48 hours after the surgery, as it could hinder the healing process.



Also, don't smoke for at least a week, as this also slows healing and increases the risk of infection.



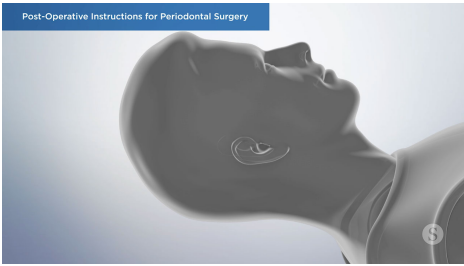
If stitches were used, they will dissolve on their own. If non-dissolvable stitches were used, your doctor will remove them during a follow-up visit.



Swelling around the mouth, cheeks, eyes, and side of the face is common and may peak two or three days after surgery.



Ice packs can be used to help with pain and swelling and you can gently rinse with warm salt water three times per day.



Propping up your head with pillows when lying down will aid both swelling and bleeding.



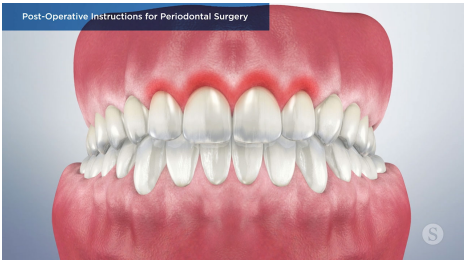
For the first week following surgery, you may eat soft foods that require minimal chewing. Make sure to avoid hot, carbonated, or alcoholic beverages as well as spicy foods which can irritate the surgical site.



Begin gently brushing and flossing your teeth as soon as you're able, taking care to clean gently around the surgical site.



Your doctor may prescribe antimicrobial mouthwash which should be used two to three times per day, as directed.



If you experience excessive pain, bleeding or fever, it is important to contact your doctor's office for assistance.