

Post Periodontal Surgery Instructions

434-971-8159

www.davidlkresedds.com

240 Hydraulic Ridge Road, Suite #201
Charlottesville, VA 22901



Following your surgery today, you may have some traces of blood in your mouth for the next 12 to 24 hours. Blood mixes with saliva in the mouth so the bleeding is usually not as severe as it may appear. Active bleeding may be controlled by applying a **damp** gauze with firm but gentle pressure to the involved area for a full twenty minutes and repeat if necessary. Avoid rinsing or drinking through a straw for the first day. Smoking and vaping should be avoided for the first 24 hours and limited for the first few days. If there is a question about the severity of the bleeding, please call.

You may be given a prescription for an analgesic that will help minimize your discomfort. Use this medication as directed. Do not drive or participate in any potentially dangerous activities while taking sedatives or pain medication that contains a narcotic. Do not take any pain medication on an empty stomach, unless specifically directed to do so, since this can cause nausea. If you experience any adverse side effects from the medication, or in the event that the discomfort is not adequately controlled, please call.

Adequate nutrition is especially important for your well-being. Beverages known to be rich in acid content or highly carbonated may irritate the surgical site. Try to drink plenty of fluids for the first few days and maintain a soft diet for at least the first day. The importance of a well balanced diet cannot be overstressed, especially following surgery when your body is undergoing the healing process. A normal diet may be resumed at any time as long as you are comfortable but avoid crunchy hard foods such as pretzels, nuts, popcorn or toast for the first week. Also, avoid hot foods and drinks for 24 hours. You should also limit any vigorous activities (i.e. exercising, running) for at least 24 hours.

In some cases swelling may occur. This is a normal response and should not be a cause of alarm or concern. Swelling must run its' course but can be checked somewhat by using ice packs applied to the outside of the face for approximately 15 minutes on, 10 minutes off for at least 3-4 hours, as soon as possible after the surgery. If the swelling becomes pronounced or painful, please call.

You should start cleaning the surgical site the day following the surgery. Clean gently but thoroughly with a soft toothbrush. Clean all other teeth as you usually would. You may begin to gently rinse your mouth with warm salt water as often as you wish the day after the surgery. Good oral hygiene will promote comfort and healing and is essential to the success of the surgical procedure.

If I applied a putty-like dressing material over the surgical site, it will be removed or replaced at your next visit in one week. Do not be concerned if all or part of the dressing material is lost, unless the loss of the dressing results in discomfort. The dressing may be cleaned with a soft toothbrush.

If any problems arise, or if you have any questions, please feel free to call the office (434)971-8159. In the event that an urgent problem arises after office hours or on a weekend, I can be reached at (434)973-8074.