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PERIODONTICS • DENTAL IMPLANTS • COSMETICS

PERIODONTAL POST-SURGICAL INSTRUCTIONS

1. **BLEEDING:** Blood tinged saliva is normal for several hours after a procedure. However, if significant bleeding resumes later in the day, contact your Doctor as soon as possible. Pressure with a small gauze will usually be all that is required to stop any post-operative bleeding that occurs.
2. **DISCOMFORT:** Take pain medication exactly as instructed by your Doctor. It is usually wise to try to take the first dose before your local anesthetic has completely worn off, if possible. Sometimes narcotics are prescribed to treat post-surgical discomfort. If this is the case, avoid alcohol consumption, driving a car or operating any sort of potentially dangerous machinery while under the influence of these drugs.
3. **SWELLING:** Expect some swelling (or bruising) in the surgical area and possibly also around lips and cheeks for 2 or 3 days. This can be minimized by using ice for the first post-surgical day. Use a few ice cubes in a plastic bag against your face about 15 minutes on then 15 minutes off. The teeth involved may seem more mobile (loose) than before the treatment; they should gradually become less mobile as the site heals.
4. **NUTRITION:** You may generally eat as you ordinarily would. Try to chew in an area other than the surgical site, if possible, and avoid very course foods (pretzels, chips, etc.). Also, the roots of your teeth may be extra sensitive to extreme hot or cold after treatment.
5. **ORAL HYGIENE:** You may clean your teeth as you normally do in all areas except the surgical site or as directed by your Doctor. Use the prescription mouthwash, as directed, twice daily beginning on the morning after your surgical appointment unless otherwise directed.
6. **STITCHES:** Stitches (sutures) will be used to close your surgical site. These will be removed in about one week at the office. Stitches occasionally become loose before your post-operative appointment. If this occurs and they become bothersome, please contact the office.
7. **PERIODONTAL DRESSING:** A periodontal dressing (Perio-pack) may be placed in some cases. Attempt to keep this in place as long as possible. These frequently come out during eating (and sometimes while talking or even sleeping). If swallowed, all ingredients are harmless. If the area is still very sensitive or the dressing is present but loose, please call the office.
8. **INFECTION:** Since bacteria cause periodontal disease, rarely, a post-operative infection can occur. The signs of this may include pain getting worse a few days after the surgery, pus drainage at the surgical site, swelling returning or getting worse a few days after surgery or a temperature you cannot explain due to another illness (cold, flu, etc.). If any of these occur, contact the office as soon as possible. Antibiotics are sometimes prescribed immediately before or after surgery. Take them exactly as directed by your Doctor and always finish the entire prescription.
9. If you have any questions - **CALL**. If there is something you don't understand or if you just need some reassurance do not hesitate to contact us.