

## Periodontal Surgery Post-Operative Instructions

### 1) After Surgery

- a. Ice /Cold Packs - It is very important to ice the surgical site. Apply the ice pack to face in 30 minute intervals on the first day to help combat swelling. The day after surgery, you should use warm, moist heat.
- b. Take your post-operative medications as directed
  - i. Antibiotics – If prescribed
  - ii. Mouth Rinse
  - iii. Medications for Discomfort
- c. Bleeding - It should be minimal and should be easily controlled with 20 min of constant finger pressure. If you continue to bleed for more than 30 min call immediately.
- d. Swelling - It generally does not develop for about 12 to 24 hours and may continue for 4-5 days, gradually reducing in size. If you having increasing swelling associated with pain after 4-5 days, please call our office right away.
- e. Discomfort - Take your post-operative pain medication as directed to control any post-operative discomfort.
- f. Loose Sutures - It is important to keep your tongue away from the sutures or “stitches” as much as possible. Sutures may become loose prior to your post-operative visit. This is not a cause for concern. It is best not to remove them yourself. We will be happy to see you to remove them.
- g. Bone Graft- If there is a lot of “sand” like material coming from the graft site or the graft seems exposed, call our office immediately.
- h. Soft Tissue Grafting- If you feel soft tissue graft may be loose, call our office immediately

### 2) Hygiene/Removable Appliances/Diet

- a. You can use a toothbrush to lightly paint the surgical site with the prescribed antibiotic mouth rinse for the first week. You may continue to brush the nonsurgical areas normally.
- b. Removable appliances or partials should only be used for esthetics in the first week and not to eat. **If the appliance does not fit after surgery, it is most likely related to swelling and the appliance should not be worn.** We don't want the appliance traumatizing the healing tissue. Adjustments to the appliance may be needed after the swelling has subsided.
- c. Diet- Soft food (pasta, eggs) - Avoid hard (apples, chips) foods until the sutures are removed. This is especially important for patients that have had soft tissue grafting. Don't use straws.

If you have any concerns not covered on this form or need any other assistance reassurance please call our office at (916) 929-5052.