

## PERIODONTAL SURGERY POST-OPERATIVE INSTRUCTIONS

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**Bleeding** “Pink” saliva is normal for a few days. If you have bleeding, gently wipe the area clean of any “blood clots” first. Then apply gentle pressure to the site for 10 straight minutes with a soaking wet tea bag, moist gauze, or a clean moist washcloth. If the bleeding will not stop, call Dr. Tingey.

**Food** Stay on a soft diet for the first 3 days. Chew away from the surgical site and avoid any foods that would be more likely to get stuck in the surgical site, such as corn, popcorn, nuts and seeds. Avoid these foods for the first 4 weeks. For the first 3 days avoid hot foods and drinks. Consider a nutritional food supplement such as; instant breakfast drinks, Ensure, Slim-fast, etc.

**Smoking** Do not smoke or use alcohol for 48 hours. Smoking negatively impacts the success of the surgery. The success of the surgery will improve if you stop smoking or reduce smoking during the initial healing (6 weeks).

**Exercise** Avoid strenuous exercise for the first 3 days. Strenuous exercise may increase post-operative pain and increase bleeding and swelling.

**Swelling** Swelling is normal and will peak at 48-72 hours following the procedure. Use a cold pack on the face over the area where the procedure was done for 15 minutes and then off for 15 minutes. Continue this cycle for the first day. An ice pack can reduce the amount of swelling resulting in better results and less pain.

**Cleaning** Use the prescribed mouthwash, Peridex, to keep the area clean. Let the mouthwash pool in the surgical site for 1 minute twice a day for two weeks. Do not swish, this can loosen any stitches or remove the blood clot. In addition use the post-surgical toothbrush dipped in the mouthwash to brush the teeth involved in the surgery. Continue cleaning in this manner until your post-operative appointment in 2-3 weeks. Discontinue use of the mouthwash at 3 weeks unless otherwise directed. Do not use a waterpik or Sonicare toothbrush to the surgical site for the first 4 weeks. Please continue to brush and floss all other areas of your mouth normally.

**Pain Management** Take 800mg Ibuprofen 3-4 times a day to manage the pain. Do not exceed 3200mg/day. Please take the medication with food to help reduce any stomach pain. Do not use ibuprofen if you have an allergy to ibuprofen or aspirin, or if you have a stomach ulcer. If prescribed use the other pain pills as directed.

If you have concerns please call Dr. John Tingey,

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