

INTRUCTIONS FOR THE PATIENT FOLLOWING PERIODONTAL SURGERY

PAIN

1. Depending upon the operation performed, you may expect no pain, little pain, or considerable pain when the anesthesia “wears off”.
2. If considerable pain is anticipated, you will be given a prescription for medication that will provide relief for discomfort. Take the medication according to the directions on the label.
3. If you are not given a prescription and you have discomfort, take two aspirin, Tylenol, or ibuprofen every four hours.
4. If pain persists, call for for an immediate appointment.
5. If you are given an antibiotic (such as penicillin) for infection, take the medication as directed until all of the tablets are taken.

PERIODONTAL DRESSING

1. The material around your teeth is a periodontal pack or dressing. It is designed to cover and protect the operated area and should not be disturbed.
2. The pack should be permitted to remain in place until your next appointment. Small particles may chip off during the week. Should a large portion become dislodged, please call the office. If it comes loose but stays in place, that is okay.
3. The material in the pack is soluble in alcohol and is readily stained by smoking. Alcoholic beverages and smoking are irritating to the operated area. While the pack is in your mouth, refrain from drinking alcoholic beverages and keep smoking to a minimum.

EATING

1. For the remainder of the day of surgery, do not drink or eat anything hot. (Slightly warm foods are acceptable, however).
2. Do not chew anything until the anesthesia has worn off.
3. It is not necessary to confine your diet to liquids, but a soft diet is recommended. Avoid hard foods (such as toast, hard rolls, nuts, etc.). Difficult to chew foods such as tough meats, are also to be avoided.
4. Eliminate pepper and spices from your diet. Citrus fruits and juices should be avoided for two weeks following the surgery, if irritating.
5. During the time the periodontal pack is in your mouth, do not attempt to chew on that side of your mouth.
6. Do not spit or drink through a straw as these cause suction and can increase bleeding.

HOME CARE

1. The day of the surgery an ice pack should be placed gently on the face for 10 or 15 minutes at a time waiting 10 to 15 minutes between applications. Do not use this procedure on succeeding days.
2. Brush your teeth, but do not brush the teeth in the area of the pack.
3. Following removal of the pack, gently brush the teeth with a soft brush in the operated area and massage the gums lightly with your fingers.
4. Do not use a mouthwash the day the operation is performed as rinsing on the first day may cause bleeding. Bloodstains may appear in the saliva for the first four or five hours following the operation. This finding is not unusual and will correct itself. If bleeding persists, please call.
5. Use a mouthwash the second and succeeding days following the operation, if you desire. If the mouthwash makes the operated area uncomfortable, dilute it with cold water. Do not use warm or hot mouth rinses while the pack is in your mouth.
6. After the pack is removed, rinse the mouth at least four times a day with warm salt water (one-teaspoon salt to a cup of warm water) for the next two weeks.

ACTIVITIES

Following the operation that was performed, you should be able to carry out your normal activities.