POST OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

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Only in case of EMERGENCY
Office Hours: Monday 8:00-12:00, Tuesday-Thursday 8:00-5:00, Friday 8:00-3:00
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ACTIVITY
After leaving the office, relax as much as possible for the remainder of the day. No strenuous activity for about 3 days.

DISCOMFORT
Some discomfort may be present when the anesthesia wears off. Please take pain medications as prescribed following surgery. Sensitivity to hot or cold may also temporarily occur, but will improve following treatment.

SWELLING
Some swelling may be present the day after surgery and may increase 2 to 3 days after treatment. In order to minimize the amount of swelling, apply the ice pack to the outside of the face in the operated areas alternating on and off at 10-15 minute intervals for the first few hours after treatment. For any residual swelling after the day of surgery, applying heat (warm towel, heating pad, warm water in ziplock bag) to the area is encouraged. If the swelling persists for more than 4 days, please call the office.

BLEEDING
It is common to have slight bleeding for a few hours following periodontal surgery. If this persists, apply moistened gauze to the surgical area and apply firm but gentle pressure for 15 minutes. If excessive bleeding continues, please call the office.

ORAL HYGIENE
Continue to brush and floss the teeth which were <u>not</u> involved in the surgery. The surgical area should not be disturbed for the first 1-2 weeks after surgery. However, you may gently rinse with the mouthwash prescribed by the doctor.

EATING AND DRINKING
It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods can be eaten to protect the surgical site. Avoid chewing in the area of surgery if possible. Avoid excessively hot foods and liquids as well as hard, gritty foods (peanuts, popcorn, chips) that may disturb the surgical site. Please refrain from drinking alcoholic beverages during the first 4-5 days following surgery.

SMOKING
Please refrain from smoking as much as possible during the post-surgical period. If you cannot quit completely, avoid smoking at least for the first 24-48 hours to avoid interfering with the healing process.

MEDICATIONS
Take all medications as instructed. If any adverse reactions to medications should arise such as nausea, itching, swelling or any allergic symptoms, please contact the office immediately and discontinue all medications. Rinsing with chlorhexidine mouthrinse can be initiated that day <u>after</u> surgery. This mouthrinse will keep the surgical area clean while it is healing. Rinse twice daily for 30 seconds and then do not eat or rinse for one hour if possible. If an antibiotic or pain medication is prescribed, please use as directed.