



Zuch Periodontics  
& Dental Implants

## 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 the office.** Pressure with gauze will usually stop any post-operative bleeding that occurs.
2. **DISCOMFORT:** Take pain medication exactly as instructed by your Doctor. It is recommended you take the first dose before your local anesthetic has completely worn off. 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 possible around the lips and cheeks for 2-3 days. This can be minimized by using **ICE** for the first 24 hours following surgery. Put 3-4 ice cubes in a plastic bag and place against your face. (15 minutes on and 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. **NOURITON:** Eat as you normally would. Try to chew in areas other than the surgical site, and avoid very course foods (pretzels, chips, etc.). You may notice that your teeth may be extra sensitive to extreme hot or cold after treatment.
5. **ORAL HYGIENE:** Clean your teeth as you normally do in all areas except the surgical site. Use the prescription mouthwash (if prescribed), as directed, twice daily beginning on the morning after your surgical appointment unless otherwise directed.
6. **STITCHES:** Stitches (sutures) will generally be used to close the surgical site. These will generally dissolve in about one week. Stitches occasionally become loose before your post-op appointment.
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 while eating. If swallowed, all ingredients are harmless.
8. **INFECTION:** Because bacteria cause periodontal disease, a post-op infection may occur. The signs of infection may include pain getting worse a few days after surgery, pus drainage at the surgical site, swelling that returns or gets worse a few days after surgery, or unexplained elevated body temperature. If any of these occur, contact the office as soon as possible.
9. **IF YOU HAVE ANY QUESTIONS CALL. IF THERE'S SOMETHING YOU DO NOT UNDERSTAND OR YOU NEED REASSURANCE, PLEASE DO NOT HESITATE TO CONTACT US.**  
**DR. ZUCH'S EMERGENCY NUMBER IS 480-620-7237**