



General Post-Operative Instructions

Immediately following periodontal surgery, an **ice compress/pack** should be applied to your face over the area of surgery. Apply for 20 minutes, then wait 40 minutes and apply again. This will help prevent or reduce swelling and pain. Use this for the first 48 hours after surgery.

Begin tomorrow, rinsing 4-6 times a day with a salt water solution ($\frac{1}{2}$ teaspoon of salt in an 8 oz glass of warm water) is helpful for the healing, plaque control and cleaning after meals.

Protective Putty Dressing; After some surgical procedures we will place a putty-like cast on the teeth and gums to protect them. If it falls off, please discard and do not be concerned. It will be removed at your follow up appointment.

Recommendations for Oral Hygiene;

Gum Grafting or Laser Patients

Clean all areas of your mouth **except the surgical site** in the normal manner starting tomorrow. Do not brush the grafts for 10-14 days and the laser treated areas for 5-7 days. Oral rinsing on these sites is ideal. After this healing time, immediately resume proper oral hygiene.

All Other Surgical Patients

Clean all areas of your mouth **except the surgical site** in the normal manner starting tomorrow. If the protective packing falls off, then the best advice is to give the area 3 days of initial healing and then begin gentle brushing until we see you at the one week follow up appointment.

Bleeding Concerns;

There may be **bloodstains in the saliva** for first day after therapy. **This is normal.** If there is considerable bleeding, find the source and hold a piece of **damp (never dry) gauze** over it with your thumb and index finger. Hold firm pressure for 5-10 minutes without removing the gauze. After the pressure, then gently check the area and if it is still bleeding, reapply the pressure for another 5-10 minutes. If bleeding persists after a few attempts then please call me. You can remove the putty packing if you cannot get direct pressure applied to the wound.

Suggested Diet;

For about 5-7 days after surgery you will need to eat gently. Avoid “hard or sharp” foods. Also avoid citrus, acidic or spicy foods that irritate the wound. It is important that you maintain a normal intake of food. Be creative and keep your diet soft, so that the food particles can be easily rinsed after the meal. I encourage drinking lots of fluids to prevent dehydration. This is no time to diet and lose weight!

It is important that you **refrain from strenuous activity** for the next day or two. **Recline and rest** as much as possible. You should concentrate on the above instructions and maintain good nourishment, liquids, and take your medication as directed.

Emergency call: 800-937-5769

Office phone: 602-978-6910