

### **Post Periodontal Surgery Instructions**

1. NO RINSING today. Take prescription pain medication only as needed. Do not take aspirin or aspirin based products (such as Advil) while on prescription pain medications.
2. Take all antibiotics unless your stomach is severely irritated. If so, discontinue all medications and sip Ginger Ale frequently and call the office so we can discuss alternative antibiotics if needed.
3. Swelling is normal. Minimize swelling by using an ice-pack – 15 minutes on, 15 minutes off for at least 3 hours.
4. If there is a surgical dressing over the operated area it protective. Do not disturb it. However, do not be alarmed if some pieces break off. If the operated area becomes exposed and painful, call the office.
5. Chew on the opposite side of your mouth. Avoid hard, hot or spicy foods. Keep some food in your stomach at all times to avoid irritation. Eat foods that require minimal chewing, such as soup, oatmeal, scrambled eggs, or smashed potatoes.
6. Bleeding is not unusual for several hours after surgery, if your bleeding is considerable; place a piece of moist gauze over both sides of the operated area. Apply pressure to the gauze on both sides for 30 minutes.
7. Do not use your toothbrush in the operated area until after your post operative visit. To help maintain oral hygiene, starting tomorrow you may rinse every 2 hours. Use either a solution of half a teaspoon of salt and a glass of warm water, or mild mouthwash. You may perform your normal dental hygiene procedures elsewhere.
8. For 24-48 hours after surgery, you may run a slight fever. Periods of chills or weakness the next day also are common.
9. Do not smoke for 24 hours after surgery. Smoking may increase pain and delay healing.
10. Follow your regular activities but avoid exertion the day of and the day after after surgery.
11. If you have any questions, worries or concerns please contact one of the doctors.