

## **Instructions for patients following periodontal surgery**

### **Prescriptions**

You have been prescribed \_\_\_\_\_ for pain. You should take these every 4-6 hours for the first three days. If any adverse reactions occur (ie. Stomach upset or rash) discontinue this medication and call me.

If I have prescribed additional pain medications it can be taken in conjunction with the \_\_\_\_\_, but you will probably not need to use it beyond the first or second day.

An antibiotic is often prescribed following surgery, but not always. If one has been prescribed for you, it is very important to finish all of the medication.

### **Things to expect**

#### Bleeding

Traces of blood in the mouth may occur for several hours after the surgery. This is no reason for concern. Blood mixes with saliva in the mouth, therefore, bleeding is usually not as severe as it may appear to you.

For active bleeding, apply damp gauze with some pressure to the area involved. Apply this for about 10 minutes, and repeat if necessary. A wet tea bag may also be used. If there is a question about the severity of the bleeding after you have applied pressure, please call.

Some procedures may cause nose bleeding. If you have had a sinus augmentation, avoid nose blowing until you come back for your post op. If bleeding occurs, apply pressure to the bridge of your nose for 10 minutes, and repeat if necessary. If you are unable to get bleeding under control, please call.

#### Swelling

Occasionally the surgical area may feel somewhat swollen. This is no need for concern. If an ice pack has been recommended, use it on the outside of the face approximately 20 minutes on, 10 minutes off, but only for the first eight hours. If swelling becomes pronounced or painful, please call.

### **Home care**

Limit rinsing the mouth as much as possible on the day of the surgery and do not rinse vigorously because rinsing interferes with the clotting of blood.

Limit physically demanding activities for the first 72-hour period.

If a mouth rinse has been prescribed, begin using it the day following surgery. You should rinse twice daily as instructed until you come back for your post op. It will help keep the surgically treated area clean.

You should not brush anywhere around the surgically treated area until you come back for your post op. However, you should start cleaning the teeth in all other areas the day following surgery. Good oral hygiene will promote comfort and good healing.

Adequate intake of fluids (water, beverages, soup, etc.) is especially important for your well being. Foods that are particularly difficult to chew should be avoided for the first several days.

\*\*\*Smoking has been proven to have an adverse affect on healing. Therefore, we advise that you not do so during the healing process.