



INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1) ACTIVITY

After leaving the office, relax for a few hours and avoid strenuous activity for several days.

2) DISCOMFORT

Some discomfort is expected when the anesthetic wears off. If post operative pain medication has been prescribed, take the first dose before the anesthetic is still working. This will keep you comfortable after the anesthetic wears off. Sensitivity to hot and/or cold is normal following treatment.

3) SWELLING

Some swelling may be present the day after surgery is completed. Generally swelling will persist for 24 to 36 hours and then diminish. Swelling can be minimized by placing an ice pack over the operated area for several hours immediately after the surgery. The ice should be held on the outside of the face alternating it on and off at 10-minute intervals for the first three to four hours after surgery.

4) BLEEDING

There should be minimal bleeding after the surgery is completed. There may be a slight pinkish discoloration to your saliva for several hours, but excessive bleeding is not to be expected. Should bleeding occur, place a moistened tea bag (not herbal tea) over the area and gently hold it against the bleeding site. It may take several minutes before the bleeding stops. If there is no change in the amount of bleeding, call the office immediately.

5) ORAL HYGIENE

DO NOT BRUSH the surgical area for the first week. After one (1) week, you may brush the teeth only. Continue to avoid brushing or flossing the gums (or using a WaterPik or Water Flosser) for a total of two (2) weeks unless instructed by your dental provider. The treated area should be cleansed by rinsing with warm salt water (1 tsp:8 oz water) three to four times a day starting the day after the surgery. However, it is very important to maintain a high level of oral hygiene in the non-operated areas.

6) EATING, DRINKING AND SMOKING

It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods such as potatoes, cottage cheese, yogurt, eggs and soft meats and fish can be eaten, but chewing should be done predominantly on the side opposite the surgical site. It may be necessary to stick to liquids for the first day if chewing is uncomfortable. An increased liquid intake is recommended. Smoking has been known to delay the healing process. Please try to reduce or eliminate smoking while healing is taking place.

7) CARE OF THE DRESSING

If a dressing has been placed over the surgical area, try to stay away from the area as much as possible for the first few days. The dressing is primarily placed for your comfort. If the dressing should become loose or fall off and there is no increase in the level of discomfort, it is all right to leave it off.

8) MEDICATIONS

Please follow the instructions on the bottle for any medications prescribed. If any adverse reactions to those medications should arise, such as nausea, itching, swelling or any allergic symptoms, please contact our office and discontinue all medication immediately. Some of the common side effects include constipation, drowsiness and/or dizziness.

9) COMPLICATIONS

Should a complication arise that is not answered in the above, Dr. Singh through the answering service by calling (562) 866-1735.