

## POST-OPERATIVE INSTRUCTIONS PERIODONTAL SURGERY

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY AND TO THE END

**EATING:** You may eat or chew anything that is comfortable, remembering to avoid the surgical site. If necessary, eat soft or semi-soft foods such as cottage cheese, soft-cooked eggs, casseroles, milk shakes, etc. It is very important that you stay nourished.

**MEDICATIONS:** It is important that you take all the prescribed medications given to you by your doctor as you were instructed.

**PAIN:** Some discomfort following surgery is normal. Ibuprofen (Advil or Motrin) is usually adequate to treat such pain. It is best to take the pain medication before the anesthetic wears off. It is also advisable to take the pain medication on a regular schedule for the first 5 days after surgery, regardless of pain levels, because pain can often peak 3-4 days post-operation. If more severe pain occurs, your doctor may prescribe a narcotic pain reliever. This is best taken in an alternating pattern with the ibuprofen, but ask your doctor to be sure.

**SUTURE MATERIAL (STITCHES):** We will remove any sutures (stitches) in your mouth at your next appointment – usually within 7-14 days. Some of the sutures may come out before we see you. Avoid any sucking, spitting, or smoking as these actions can cause increased bleeding, loss of sutures, and complications with healing.

**BRUSHING AND RINSING:** Do not brush the surgical area. Clean the rest of your mouth as usual. It is important to keep the surgical area clean and thus promoting healing by rinsing with prescribed mouth rinses. Also, rinse with warm salt water as often as is convenient to further aid in cleaning. The cleaner you keep your mouth, the better you will feel.

**SWELLING:** A small amount of swelling and possible bruising will commonly follow some procedures. This can be minimized by applying ice or cold compress to the face over the operated area for 15 minutes every half hour, for up to 24 hours. You will also want to keep your head elevated to minimize swelling. Do not bend over at the waist to pick things up off the floor, and sleep with an extra pillow under your head. Temporary numbness of the lower lip and/or roof of the mouth may be encountered.

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**BLEEDING:** Do not be alarmed if there is blood in your saliva for up to 24 hours after the surgery. If there is considerable bleeding, apply pressure to both sides of the gum with damp gauze or paper towel. It is important to apply pressure to both sides of the gum – using your index finger and thumb works well. You may also apply pressure with a black tea bag. Press firmly for 20 full minutes. If this does not stop the bleeding, call our office. **DO NOT TRY** to stop the bleeding by rinsing.

**TODAY:** REST! Eat a soft meal. Rinse your mouth lightly. Take pain medications if needed – especially before bedtime.

**TOMORROW:** You may feel tired. Restrict yourself to moderate activity. Take ibuprofen (Advil or Motrin) for inflammation even though discomfort may be mild. Eat soft foods. Brush and rinse gently, but do not brush the surgery site. Be sure your brush is soft and warm – rinse the brush under hot tap water. Be gentle and careful. Do not floss until the stitches have been removed. Remember to clean the lining of your mouth – your tongue, cheeks and inside of your lips.

**TWO WEEKS:** Bleeding with brushing should be greatly diminished. You may be experiencing hot and cold sensitivity. If so, try using a toothpaste specifically formulated for sensitive teeth, which may be found at your local drugstore. Use daily, brushing carefully those areas that are sensitive.