

PERIODONTAL SURGERY POST-OP INSTRUCTIONS

Preoperative Medications Given:

Medication: _____ Time: _____

Medication: _____ Time: _____

Medication: _____ Time: _____

Periodontal Surgery Post Operative Care

1. **General Healing:** Be very gentle with your mouth following surgery. Avoid vigorous rinsing or brushing close to the surgical site. Also, do not smoke, spit, or drink through a straw for two weeks after surgery. It is normal to feel soreness for 1-2 weeks following an oral surgery procedure. It may be tempting to pull back your lip to check how the surgery is healing, you mustn't do this. Pulling on your lip may put extra tension on the sutures and tissue, which can disrupt the area. In general, following these instructions will help you remain comfortable, minimize any swelling, and help the surgical area heal without complications.
2. **Discomfort:** Take 600mg of ibuprofen and 1000mg of acetaminophen every 6 hours for the first three days following surgery. Afterward, you may continue to take 600mg of ibuprofen and/or 1000mg of acetaminophen every 6 hours as needed for pain. Ibuprofen and acetaminophen, when taken together, have a synergistic effect and are more effective for pain control than opioid medications. They also have significantly fewer side effects. While minor discomfort may persist for 1-2 weeks, it should continuously feel better every day. Any discomfort or swelling that worsens after one week may indicate an infection. Please get in touch with us right away if this is the case so that we may further assess.
3. **Bleeding:** In general, light bleeding for the first 24 hours after a surgical appointment is normal. It may mix with your saliva, causing it to look red or pink when you rinse, and this is no cause for concern. However, if you notice that bleeding starts to increase, apply firm pressure to the area for ten minutes by biting on wet gauze. A moist caffeinated tea bag will also work well for this. If bleeding continues, call our office. If it is after hours, you will be directed to an emergency answering service, who will put you in contact with one of the doctors at our practice.
4. **Antibiotics:** If you were prescribed antibiotics, be sure to take them as directed until they are finished, even if the surgical area is already feeling better.
5. **Diet:** Eat soft foods only for 2 weeks following the surgical procedure. Anything spicy, hard, crunchy, or chewy should be avoided until after your post-operative visit. Food suggestions to get you started: oatmeal, eggs, yogurt, mashed potatoes, hearty soups, fish, ground meats, soft cheeses, boiled or very well-cooked vegetables, cooked spinach, bananas, soft cooked rice, etc.

6. **Oral Hygiene:** Use the prescribed mouth rinse (Therasol) or a warm saltwater rinse. First week, pour a small amount in a cup, tilt head, and swish for a minute or so. Twice daily beginning the morning after the surgery. **DO NOT SWALLOW**. In the second week after surgery, swab gently with a Q-Tip saturated with post-surgical mouth rinse twice daily. Brushing/flossing everywhere other than the surgical site.
7. **Swelling and Bruising:** Minor swelling and bruising on the inside or outside of your mouth is normal and will usually begin to subside after the 4th day of healing. In addition to taking the ibuprofen 600mg and/or 1000mg of acetaminophen as directed, using an icepack in the first 4 hours after the surgery can help minimize any potential swelling. When you get home from your surgery, hold an ice pack wrapped in paper towels or a hand towel against your cheek for ten minutes, then rest for ten minutes. Repeat this for up to six hours.
8. **Sutures:** Most sutures will dissolve between 5-10 days following surgery. However, in some circumstances, for example with soft tissue grafting procedures, your doctor may use longer-lasting sutures if they feel that it will help your surgical success. In these cases, sutures will be removed by your doctor when it is appropriate to do so.
9. **Activity:** Refrain from strenuous activity, cardio, or heavy lifting for 2-3 days after your surgery.
10. **Sinus Precautions:** If you had a procedure involving your sinuses, please consider the following:
 - a. Avoid blowing your nose, it is best to wipe away nasal secretions carefully. Do not pinch your nose closed. Slight bleeding or discharge from your nose is common for one to two days.
 - b. Sneezing, if you must sneeze, keep your mouth open and do not pinch your nose closed.
 - c. Physical activity, do not lift or push heavy objects. Do not bend over to pick items off the ground. Keep your head above your waist.
 - d. Activities, avoid scuba diving, engaging in water sports, or other physical activities that may require you to hold your breath. Actions such as blowing balloons or playing wind instruments should also be avoided.
 - e. Travel, do not travel on planes until your provider clears you.
11. **DENTAL EMERGENCIES:** Mild soreness, minor bleeding, and swelling described above are a normal part of healing in the first 72 hours. Our office is available at (626) 796-5361 during business hours and after-hours if you experience uncontrolled bleeding, severe pain that isn't managed by the prescribed medications, visible facial swelling, swelling accompanied by fever, or an allergic reaction to prescribed medications (rash, itching, difficulty breathing).

Regular periodontal maintenance appointments should be scheduled in addition to your follow-up visits. The full mouth professional exam and scaling will ensure the preservation of your overall health and the surgical site.