

Periodontal Care PA

952-432-0010

Instructions Following Periodontal Surgery

- **BLEEDING**

- There may be slight bleeding for the first few hours.
- If there is considerable bleeding beyond this time please call our office.

- **SWELLING**

- If advised, apply an ice pack to the area which was operated on the day of the surgery until bedtime alternating 20 minutes on and then 20 minutes off. This will prevent much of the swelling and discomfort.
- If swelling persists beyond 4 days call.

- **DISCOMFORT**

- If you are having pain take two (2) Tylenol® (acetaminophen) or (3) Advil® (ibuprofen) every 3-4 hours or Aleve® one (1) every 12 hours. If you are prescribed antibiotics, take as directed until gone.

- **DIET**

- Follow a soft diet the day of and the day after the surgery. After that time, cut food into small pieces. Avoid foods such as raw carrots, apples, toast, etc as these types of food tend to dislodge the stitches. Avoid citrus and spicy foods.
- Drink plenty of liquids (avoid Alcohol).
- After 48 hours you may return to your regular diet. If you are still having trouble chewing continue a soft diet.

- **ORAL HYGIENE**

- Do not rinse the day of surgery. The following day rinse with Periogard® (Chlorhexadine) or Listerine® 2 times per day as directed.
- The next day and after dip your Ultra Suave toothbrush in the mouth wash and carefully brush the area(s) treated. You may also rinse with salt water 3 to 5 times daily (1 tsp in a warm glass of water). Brush and floss as usual elsewhere.

- **APPOINTMENTS**

- Your next appointment will be for removing the stitches. Please DO NOT forget this appointment.
- If you experience uncontrollable discomfort, excessive bleeding, marked temperature rise, or excessive swelling which starts a few days after surgery, please call our office.