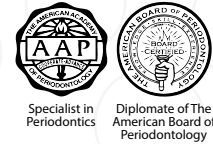




ALTSCHULER
PERIODONTIC and IMPLANT
CENTER

Gary I. Altschuler, DMD
Board Certified Periodontist



2251 NW 41st St., Suite F
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What to Do Following Periodontal Surgery

Initial Care

- Do not rinse during the first two hours following surgery. Avoid exertion the first 24 hours. While your lips and tongue are numb, take care not to bite them.
- Beginning the first night following surgery, gently brush and floss your teeth in the non-surgical areas. You may find it more comfortable to use warm water.
- On the morning following surgery, begin using the oral rinse as instructed – if prescribed. A cotton swab may be used to **gently** clean the surface of the teeth in the area of the surgery if desired. If applicable refer to Surgical Dressing below.
- Avoid vigorous rinsing, as bleeding may occur. Avoid smoking after surgery.
- A slight amount of bleeding while performing oral hygiene procedures should be expected for a week or so following surgery.

Surgical Dressing

- If a dressing was used, do not clean over the surgical area, but continue to keep the rest of your mouth clean.
- The dressing placed in your mouth is for your comfort. Small pieces of the dressing may break off. This is expected. If a large piece or the entire dressing comes off and you do not experience excessive discomfort, there is no need for concern. Simply clean the surgical area as instructed above.
- As it takes one to two hours for the dressing to harden, avoid eating, drinking hot liquids, or excessive talking during this period.

Bleeding

- There may be occasional blood stains in your saliva during the first few days. This is normal and to be expected.
- Excessive bleeding is not normal or to be expected. If bleeding is excessive, apply moist gauze or a tea bag moistened in warm water on each side of the surgical area or dressing and hold it with firm, continuous pressure for 30 minutes. Repeat this procedure if necessary.
- Do not spit, vigorously rinse mouth, smoke, drink through a straw, or clench teeth. Avoid strenuous exercise.
- If excessive bleeding continues, please call our office.

Swelling

- A slight amount of swelling may occur on the first or second day following surgery.
- For the first 24 hours, you should apply a cold compress – ice pack – to your face, alternating it on and off for 15 minutes or hold ice water in your mouth.
- After the first 24 hours, if swelling has occurred, apply a warm – not hot – moist compress such as a wash cloth to your face in the same manner.

continued →



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What to Do Following Periodontal Surgery (continued)

Discomfort

- When the anesthesia wears off, you should expect some discomfort. If needed, take the pain medication prescribed for you. **WARNING:** Do not drink alcoholic beverages or drive an automobile while taking these medications.
- Avoid clenching or grinding your teeth.

Antibiotics

- If antibiotics are prescribed, take them as directed until all have been taken. If a rash or any other type of allergic reaction should occur, discontinue use and call our office.

Sutures

- If you have sutures that have to be removed, you will be informed when to come in for their removal. Do not try to remove your own sutures.

Stent

- If you had a graft and are wearing a clear plastic cover in the roof of your mouth, leave it in place until the discomfort subsides.
- The stent may be removed while eating and to brush and floss your teeth.

Diet

- Do not eat for one to two hours following surgery
- Limit your diet to soft foods for the first several days following surgery
- Drink plenty of liquids
- Chew only on the side of your mouth away from the surgical area

If You Have a Question or Concern, Please Call Us at 352-371-4141