



2 Trap Falls Rd Suite 202, Shelton, CT 06484 • Phone: 203-446-3890 • Email: info@waypointperio.com

POST-OPERATIVE INSTRUCTIONS: PERIODONTAL (OSSEOUS) SURGERY, WITH OR WITHOUT REGENERATION

Patient Name: _____ Date: _____

Bleeding Control

- Bite firmly on the gauze pad placed over the surgical area for 30-45 minutes; replace with fresh gauze and repeat if needed
- Some oozing or blood-tinged saliva for the first 24 hours is normal
- Avoid vigorous rinsing, spitting, or sucking motions (e.g., straws) for at least 24 hours, as this can dislodge the blood clot

Swelling & Discomfort

- Apply an ice pack to the outside of the face over the surgical area for 15-20 minutes on, 15-20 minutes off, for the first 24-48 hours
- Some swelling and bruising is normal and typically peaks on day 2-3 before improving
- Take pain medication as prescribed/directed, starting before the local anesthetic wears off if possible
- Sleep with your head slightly elevated on pillows for the first few nights to help reduce swelling

Diet

- Soft diet for the first 5-7 days (smoothies, soup, pasta, eggs, mashed vegetables)
- Avoid chewing directly on the surgical area
- Avoid hot foods/beverages for the first 24 hours

Oral Hygiene

- Do not brush or floss the surgical area until instructed — a periodontal dressing may be placed to protect the site
- Begin gentle warm salt-water rinses the day after surgery, or as instructed
- If prescribed, use your mouth rinse as directed, typically avoiding the immediate surgical area for the first day
- Continue normal hygiene on all unaffected teeth

Activity

- Rest and avoid strenuous activity or exercise for at least 2-3 days
- Avoid bending over or heavy lifting, which increases blood flow to the head and can increase bleeding/swelling
- You may return to light normal activity as comfort allows

Medications

- Take all prescribed antibiotics exactly as directed, for the full course, even if you feel fine
- Take pain medication as directed; do not exceed the labeled or prescribed dose
- If prescribed a mouth rinse, begin use as directed, typically starting the day after surgery
- Continue your regular medications as normal unless otherwise instructed

Please Avoid

- Smoking or vaping (significantly impairs healing and increases risk of graft/implant failure)
- Alcohol for at least 24 hours or while taking prescribed pain medication
- Spitting, using straws, or vigorous rinsing for the first 24 hours
- Touching, poking, or disturbing the surgical area with your tongue, fingers, or a toothbrush
- Removing the periodontal dressing yourself — contact us if it comes off before your follow-up

Special Instructions for Your Surgical Site

- Some root sensitivity to hot, cold, or air is common after surgery and typically improves over several weeks
- You may notice more visible tooth root or slightly longer-looking teeth as swelling resolves — this is expected and was discussed with you prior to surgery
- If bone graft or regenerative material was placed, avoid any pressure or trauma to the area, including from oral appliances, until cleared

When to Call Our Office

Please call us right away if you experience any of the following:

- Bleeding that does not slow down after 3-4 hours of firm gauze pressure
- Pain that is severe or worsening rather than improving after the first 2-3 days
- Swelling that increases significantly after day 3, or is accompanied by fever
- Fever over 101°F (38.3°C)
- Pus, foul taste/odor, or drainage from the surgical site
- Numbness of the lip, chin, or tongue that has not begun to improve after several days
- Any signs of an allergic reaction (rash, itching, difficulty breathing or swallowing) — seek emergency care immediately

Office phone: 203-446-3890 After-hours/emergency line: 203-446-3890

Follow-Up

Please keep your scheduled follow-up appointment so we can check your healing progress. Call our office if you need to schedule or reschedule this visit.