POST OPERATIVE INSTRUCTIONS

1. The material which has been placed around your teeth is a surgical dressing. Its purpose is to keep you comfortable and keep the surgical site undisturbed. During the first post-operative week this dressing may become brittle and break off. It is not necessary to replace the dressing if this occurs. It is not harmful if accidentally swallowed.

2. If instructed, ice should be applied to the area for 10 minutes and taken off for 10 minutes for a period of several hours. This should be done immediately following the procedure to prevent swelling. It is not uncommon for swelling to appear on the second or third day and take two or three days to disappear.

3. Some degree of discomfort may occur following periodontal surgical procedures. Doctor recommends taking both 2 Advil and 2 Tylenol 4 times a day for 3-4 days. An additional pain medication may have been prescribed for you, take this as needed.

4. You may experience a slight feeling of weakness or chills during the first 24 hours. This is not a cause for alarm. In addition, you are encouraged to avoid strenuous activity the day of the surgery.

5. There may be occasional bleeding or oozing for the first several hours which may cause your saliva to appear pink. This is normal and is not cause for concern. If there is excessive bleeding, take a moistened tea bag and use it to apply pressure to the surgical site. Leave the tea bag in this position for 20-30 minutes with firm pressure. If the bleeding persists, call the office.

6. Rinsing with warm salt water (1/2 tsp. salt in a glass of warm water) is encouraged. Repeat this as often as possible until your next appointment. Please refrain from using any type of mouthwash during the initial stages of healing as this may interfere with proper healing.

7. Perform your regular oral hygiene procedures in all areas of your mouth with the exception of the surgical site. Do not brush the areas concerned with the surgical dressing as this will dislodge the material.

8. Eating should be limited to a modified, softer diet for the first week and it should be limited to the unaffected areas of the mouth. Hard, sticky, or spicy foods should be avoided. A healthy diet is essential for proper healing. Smoking should be avoided.

9. If any other problems arise, please do not hesitate to call the office.