

Millennium Periodontics

Post Operative Instructions for Periodontal Surgery

1) ACTIVITY

After leaving the office, relax for the remainder of the day. Avoid strenuous activity/exercise for several days. Do not smoke or drink alcoholic beverages for the entire healing period after surgery. These products will interfere with wound healing of the surgery site.

2) SWELLING

Some swelling may be present the day after the surgery and may peak at 48-72 hours after surgery. Rinsing with cold liquids, **however, do not rinse vigorously**, is very important for reducing swelling, discomfort, and bleeding. Sip ice water, iced tea, frozen yogurt, milkshakes, or similar cold liquids and keep the surgical area cold for the remainder of the day after surgery. **Do not use a straw as suction can start bleeding.** Swelling for surgeries in the lower jaw can also be minimized by placing an ice pack over the operated area on the outside of the face for the remainder of the day after surgery **alternating on and off at 20 minute intervals.**

3) BLEEDING

There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours - frank bleeding (bright red) is not to be expected. Should bleeding occur, place a moistened tea bag (not herbal tea) over the area and hold it against the bleeding site. It may take several minutes for the bleeding to stop. If there is no change in the amount of bleeding, call the office immediately.

4) EATING

It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods can be eaten. Chewing should be done predominately on the side opposite the surgical site. It may be necessary to stick to liquids for the first day, if chewing is uncomfortable. A semi-soft diet is recommended in order not to dislodge the surgical dressing. Do not eat, drink any hot liquids for about 4-5 days after surgery. Avoid any hard, gritty foods such as peanuts, popcorn, chips, hard bread for at least 3-4 days. Also, it is best to avoid spicy foods for at least 48 hours after surgery.

5) CARE OF THE DRESSING

If a dressing has been placed over the surgical site, try to stay away from it the first few days. The dressing is primarily for comfort. If the dressing should become loose or fall off, and there is no increase in the level of discomfort, it is OK to leave it off. Do not try to place dressing back into the surgical site.

6) ORAL HYGIENE

It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing. Do not toothbrush where there is periodontal dressing or in the area of surgery. Start tonight rinsing with lukewarm baking soda and water 3 times daily using one teaspoon of baking soda in one 8 oz. glass of lukewarm water. Rinsing with this can be continued for 2-3 days after surgery.

7) MEDICATIONS

Please follow the instruction on the bottle for any medications prescribed. If any adverse reaction to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medication immediately.

8) PROBLEMS OR QUESTIONS?

If there are any questions or problems at any time, please call the office at (312) 588-0112.