



Instructions For Patients After Periodontal Surgery

A CENTER FOR PERIODONTAL
SPECIALTY CARE AND DENTAL IMPLANTS

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BLEEDING

You may notice oozing for 24-48 hours after surgery. Do not be concerned if traces of blood are seen in your saliva. Avoid rinsing vigorously for 24 hours. If you experience heavy bleeding, attempt to locate the source and apply gentle but firm pressure. A moist tea bag can be used as a compress which may help with clotting. If bleeding is uncontrollable, please call the office.

PAIN

Most patients experience minimal pain. However, mild to moderate discomfort may be noticed as the anesthesia wears off and may last for 3-5 days. Much of the discomfort can be avoided by controlling the swelling. Often, an anti-inflammatory and/or analgesic is prescribed. Take these as directed. If a narcotic analgesic is prescribed, do not drive or work around dangerous machinery while under the influence.

SWELLING

In some cases, localized swelling is to be expected. To minimize swelling, apply an ice pack to the face over the treated area immediately after surgery. Continue with the ice pack on for 10 min. then off 10 min. for several hours. If an anti-inflammatory medication has been prescribed, please take as directed.

PERIODONTAL DRESSING

In some cases a dressing is used around the teeth and gums. If a dressing has been used, it will become firm in about 1/2 hour and should not be disrupted while it is setting. Small particles of the dressing may break off over time which is of no consequence unless it causes discomfort. If the dressing becomes loose or should come off prior to the next appointment, do not be alarmed as it will have already served its purpose and usually does not need replacement.

ORAL HYGIENE

Meticulous oral hygiene should be continued in all areas of the mouth. In the area(s) of surgery, brush your teeth gently and stay away from the gum tissue during the first week. After 24 hours, rinse several times a day with warm salt water (approx. 1/2 teaspoon salt in an 8 oz. glass of water). If Peridex rinse has been prescribed, please use as directed after brushing. In general, the cleaner the mouth is maintained the better the healing response.

NUTRITION

Eat adequately to maintain nutrition and energy level. Choose soft foods which require minimal chewing. Drink lots of liquids. Avoid hard, hot or spicy foods.

If possible, chew food on the untreated side of the mouth and avoid using straws for liquid intake. Some examples of soft foods include: broths and soups, pasta well-ground meats, eggs, yogurt, pudding, ice cream, shakes and smoothies, apple sauce and well-cooked vegetables. Food supplement drinks are available at drug stores and should be used if eating is difficult.

ACTIVITY LEVEL

Many patients return to work the day following surgery. However, we recommend that you avoid strenuous physical activity for the first 48 hours. Keep your head elevated and avoid bending over with your head below your waist. Get plenty of rest and sleep. In general, plan on taking it easy for the first several days after surgery.

SEDATION

If sedative medication was used prior to or during the surgical procedure, please avoid driving, operating dangerous machinery or entering into a contractual agreement on the day of treatment. In some cases, drowsiness may also occur the day following surgery.

If you have any questions, please call the office. The doctors can be reached at **650/321-3443** at any time.