

## Periodontal Surgery Post-Op Instructions

1. **The first 24 hrs:** Stay off your feet as much as possible. Do not go back to work or resume normal activities until the day after your surgery. No hot foods, alcohol, blood thinners, smoking, straws, spitting, vigorous rinsing, or warm foods. Aspirin (anticoagulants) can be resumed 24 hours from the time the bleeding has stopped.
2. **Diet:** For 3 days after surgery, restrict your diet to cold, soft foods such as: yogurt, pudding, ice cream, cottage cheese, apple sauce, cold pasta salads, and tuna, etc. After 3 days, you may eat food of any temperature as long as it is soft. Pasta, eggs, oatmeal, soups, and mashed potatoes, etc. Avoid spicy foods for one week. Chew on opposite side of surgical site until completely healed.
3. **Activity:** No exercising for the first 2-3 days after surgery. Any activities that increase your heart rate will increase swelling, bleeding, and possibly pain.
4. **Swelling:** The first 24 hours is the most critical phase for swelling control. To minimize swelling, apply an ice pack to outer cheek for 15 minute intervals for the remainder of the day. If swelling increases after the first 24 hours, hold a warm, wet compress to the outside of the cheek. Warm salt water will help reduce inflammation of gum tissues. Slight swelling may appear during the first day or two and begin to decrease after the 4<sup>th</sup> day. If swelling is alarmingly increasing, go to the emergency room immediately.
5. **Bruising:** Discoloration or bruising on outer face is to be expected after periodontal surgery. It should start to go away after the 4<sup>th</sup> or 5<sup>th</sup> day.
6. **Bleeding:** You may notice blood in your saliva for the first few days after surgery. Continued bleeding can be controlled by firm pressure on a damp tea bag placed directly on the area. If you have had a bone graft completed, you may notice little particles in your mouth. It is not harmful if swallowed.
7. **Brushing:** Areas not included in the surgery can be brushed and flossed as normal. Depending on your surgery, we may provide you with a post-operative, extra-soft bristle brush. Avoid touching your gum tissues with the bristles of your brush. Just touch your teeth. No flossing around surgical area. Keep clean by rinsing with the Chlorhexidine rinse. Do not use commercial mouth rinses such as Listerine or Crest.
8. **Surgical Dressing:** Do not play with dressing with your tongue. If your dressing falls off, it is safe to wait until your next appointment with it off. If you are uncomfortable, you may apply OrabaseB (available at pharmacies). You may also replace the dressing using a denture adhesive. You can also make an appointment to have it replaced.
9. **Women:** If you are currently on birth control, please be aware that antibiotics could decrease the effectiveness of birth control. Another mechanical method of birth control should be used for the remainder of your cycle.
10. **Flippers:** Wear your flipper the remainder of the day and overnight after the first 24 hours of your surgery. After the first night, do not sleep with it in. Flippers are to be adjusted by your general dentist if it is not fitting comfortably. If it is loose, use denture adhesive for extra retention.
11. **Discomfort:** Take the prescribed medication(s) ASAP after surgery to minimize post-operative discomfort. A certain amount of pain is to be expected with all types of surgery, but can be reduced by taking medication(s). **EXPECT COLD SENSITIVITY FOR UP TO 3 MONTHS.**
12. **Medications:** Use ONLY the medication(s) as we have prescribed.

**\*\*IF YOU ARE HAVING TROUBLE BREATHING OR SWALLOWING, GO TO THE EMERGENCY ROOM\*\***

How well and how quickly the healing depends upon you and your post-operative care. Call the office FIRST with any questions or concerns. Even if it is overnight, there is always an on-call doctor. If he/she cannot be reached, Dr. Sabzehei's pager number is 312-271-0759 (dial your number after the beep).