

POST OPERATIVE CARE FOLLOWING PERIODONTAL PROCEDURES

Avoid for first 48 hours:

- Heavy physical activity (exercise)
- Eating if still numb from local anesthetic
- Lying completely flat (Elevate your Head)
- Force in your mouth (Strong spitting, rinsing, or swishing)
- Taking aspirin (Aspirin based products tend to cause additional bleeding)
- Excessive alcohol (increases bleeding)
- DO NOT SMOKE

Oral Hygiene:

- Brush your teeth normally EXCEPT for the areas that have sutures in place.
- DO NOT SMOKE because this will promote bleeding and interfere with healing. If you smoke regularly, try using this as an opportunity to stop smoking.

Eating:

- For the first few days to one week, it is advisable to eat soft foods such as chicken, pasta, fish, or soup.
- Avoid foods that are sticky, spicy, or contain seeds. You should be able to resume your regular diet by 7 days.
- Do not drink through a straw because this may promote bleeding.

Bleeding:

- Keep your head elevated when lying down for the first 3 days. It is advisable to place an extra pillow under your head at bed time and a towel over your pillow for the first 3 nights.
- If bleeding is persistent- do not let this alarm you. Post Operative bleeding is often unnerving but generally harmless. If it happens to you, place a small damp gauze pack directly over the site and bite firmly. A moist tea bag (remove the staple) also works well. Most episodes of bleeding will resolve within 20-30 minutes.

Pain Management:

- Most periodontal procedures cause mild to moderate postoperative pain. This usually peaks at 48-72 hours. Do not be concerned if you feel fine immediately after the procedure and notice an increase in pain level between 48-72 hours.
- Do not drive or drink alcohol with pain medications. Please avoid aspirin as this will promote bleeding.
- Hot or cold sensitivity are common after oral surgery. When it occurs, it typically resolves without treatment.

Swelling:

- Some swelling after surgery is normal. It reaches its peak approximately 48-72 hours after surgery and usually lasts 4-6 days.
- Applying ice packs to the face for the first 12 hours helps control swelling and may reduce pain. Apply in cycles of 20 minutes on & 20 minutes off.

Surgical Dressing:

- In some cases we place a surgical dressing to protect the surgical site.
- If so, avoid the dressed area. Do not eat, brush, or floss near the dressing but try to maintain good oral hygiene for the rest of your dentition.
- You may rinse with plain warm water only. Do not use salt or mouthwashes unless instructed to do so.

Bruising:

- You may experience some mild bruising around the surgical site or even on the face. This is not a cause for alarm and generally disappears in 7-14 days.

Stiffness:

- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is common and typically improves in 5-10 days.

CALL THE OFFICE:

- If you experience excessive pain that cannot be controlled with medication
- You have bleeding that you cannot control by biting on gauze for 30 minutes.
- You have swelling that continues to increase after the third postoperative day.
- You develop a fever.
- **Emergency Phone Number after normal business hours (617) 201-9931**