



## PERIODONTAL SURGERY POST OPERATIVE INSTRUCTIONS

### **Surgical Bandage:**

We applied a surgical dressing to your surgical site to keep it protected and comfortable. Keep it stable in your mouth until your post-operative visit. It is normal for small pieces to chip off. Clean the exposed areas with 3% Hydrogen Peroxide diluted 50% with water. Use this mixture as a mouth rinse. If large areas of the surgical dressing are lost, please contact us immediately.

### **Swelling:**

You may experience minor swelling after surgery. To help minimize it, place an ice pack outside the surgical area in intervals of 20 minutes on and 10 minutes off for the next 24 hours. At the end of this period use warm salt water rinses four of five times a day.

### **Discomfort:**

It is not unusual to have certain amount of discomfort for a day or two after surgery. We will give you prescriptions for medications that will help your discomfort. Please take these as directed with food. If the affected area is still sensitive, you may want to drink a milkshake or a liquid dietary supplement drink.

### **Bleeding:**

You will notice a small amount of blood as well as an increase in your saliva, in the first few hours after surgery. If you experience excessive or continuous bleeding, please do the following:

1. Rest in a reclining position with your head elevated.
2. Squeeze a moistened tea bag in a glass of ice water. Hold the iced tea mixture in your mouth for one minute intervals for a total of five minutes.
3. Try not to spit the tea rinses from your mouth. If the bleeding continues, please call our office during business hours, or call our emergency number after hours.

### **Stent:**

If you have a stent, do not remove it for 24 hours following your graft procedure. After 24 hours have passed, you may remove your stent once a day to rinse and clean it.

**Oral Hygiene:**

Do not brush your teeth on the day of the surgery. On the day after the surgery, lightly brush the exposed surfaces of your teeth, as well as the areas not covered by surgical bandages. The surgical bandages may be brushed ever so gently, just to remove outer debris. The bandage should be cleaned by rinsing with a mixture of 3% Hydrogen Peroxide, diluted half by water.

**Rinsing:**

We recommend rinsing or spraying your mouth with Chloraseptic or Cepastat rinse for 15-30 seconds every three to four hours for the first seven days. This will help keep your mouth odor free and acts as a surface anesthetic.

**Diet:**

Do not chew on the side of the operation for a period of eight hours. Avoid hot liquids and hot foods for the first 24 hours after surgery. Initially, you may want to drink a milkshake or a liquid Dietary supplement. We highly recommend foods high in protein. Some examples may be liver, other kinds of meat, eggs, milk, citrus fruits, cottage cheese, yogurt and whole grain or enriched cereals. Blending foods may also be helpful. *PLEASE REFRAIN FROM ALCOHOLIC BEVERAGES AND SMOKING UNTILL YOUR POST SURGICAL VISIT.*

**Special Medications:**

We may prescribe antibiotics following your surgery. It is very important that you take them all as directed.

If you experience significant discomfort or any other concern, please do not hesitate to contact our office at (614) 775 – 0840. An afterhours number is available on our office voicemail should you need it.