

Periodontal Surgery

Some discomfort may be expected following your surgery. Remember to take any medications that have been prescribed for you.

ON THE DAY OF SURGERY.....

DO NOT:

- ✓ Exercise
- ✓ Chew solid foods
- ✓ Brush
- ✓ Drink alcohol
- ✓ Play with the dressing or “pack” with your tongue
- ✓ Use a Water-Pik until Dr. instructs you to

DO:

- ❖ Eat soft foods
- ❖ Take your medication as prescribed
- ❖ Rest quietly
- ❖ Drink lots of liquids
- ❖ Call the office if any allergic reaction to medications
- ❖ Keep your follow up appointment

SWELLING: Swelling on the first day may occur and can be kept to a minimum with ice packs to the outside of the face over the surgical area. Ice packs should be used 10-30 minutes on and 10-30 minutes off for 2-3 hours. Bruising may occur, but is not likely.

BLEEDING: A slight amount of bleeding from under the dressing is expected the first day. Avoid rinsing, spitting or sucking on a straw as it may cause additional bleeding. Alcohol and smoking may also increase bleeding and interfere with healing. Try to avoid these if possible. If the bleeding is excessive, call our office to report it. (262.338.2992)

AFTER THE SURGERY DAY:

- Do not use ice packs
- Rinse gently with lukewarm salt water several times each day
- Brush the teeth not covered by dressing. When you are ready, gently brush surgery area if desired
- Eat a normal diet
- Try to avoid chewing on surgery side, unless all teeth are dressed, then only eat soft, non-chewy foods if tolerable
- If dressing comes off before next appointment, throw it away
- Continue to take your medication as prescribed
- If antibiotics were prescribed, be sure to take “ALL” of the pills
- Do not floss teeth involved in surgery

TELEPHONE OUR OFFICE TO REPORT ANY OF THE FOLLOWING...

- Swelling which begins 3 or more days after surgery
- Excessive bleeding
- Discomfort not controlled by your prescription
- Anything about your healing that concerns you

If you have any questions or concerns, please call our office at 262.338.2992. We will be happy to help answer your questions. If we are not in the office, our answering machine will give you instructions on whom to call.