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CARE FOLLOWING PERIODONTAL SURGERY

ANTIBIOTICS

If you were given a prescription for an antibiotic, **YOU MUST TAKE IT UNTIL COMPLETED.** If you do not complete the full course of antibiotics as prescribed, you are putting yourself at risk for potential complications during the procedure and life-threatening infections following the procedure. **TAKE THE FULL COURSE OF ANTIBIOTICS AS PRESCRIBED.**

PRESCRIPTIONS

You have been given several prescriptions: An antibacterial mouth rinse, and a pain medication. Please note that you must follow the directions on any medication. **DO NOT DRIVE AN AUTOMOBILE OR DRINK ALCOHOLIC BEVERAGES AFTER YOU HAVE TAKEN ANY PAIN MEDICATION.**

DISCOMFORT

Mild to moderate discomfort is expected following most periodontal surgery. Most discomfort occurs within 24 hours. Taking 600-800mg of Advil or ibuprofen every 6 hours for 24-48 hours will help. If Vicodin was prescribed, it can be taken with Advil. When taking the Medrol Dose Pack, you may experience a slight throbbing about the 4th or 5th day after the surgery appointment. Do not be alarmed, this is common.

SWELLING

Immediately following the surgery, apply ice to your face over the area that was operated on, either using an ice bag or wrapping ice in a towel (frozen peas in a bag also work well). Keep the ice on for the first 15 minutes, and then take it off for 15 minutes. This should be repeated as often as practical during the first 24 hours after surgery. Applications of cold in this manner will help reduce the amount of swelling, and thus reduce the amount of discomfort, also. After 24 hours, application of warm, moist heat to your face will help resolve any swelling.

If you have any increase in swelling in the surgical area **AFTER 3 DAYS**, please call our office. Swelling immediately following, or up to 3 days after periodontal surgery, is normal. If a tissue graft was performed, you may experience some bruising and swelling.

BLEEDING

There may be bloodstains in the saliva for several hours after the surgery. This is **NORMAL**. If there is excessive bleeding, remove any clots with the gauze square and place moderate, but constant, pressure over the bleeding area with a damp tea bag. Hold the tea bag in place for at least 15 minutes. If this does not help, please call us immediately. If a sinus lift was performed, you may experience a slight bloody discharge from the nose. If you experience sinus congestion, a sinus nose spray may be used.

RINSING

Rinsing often interferes with blood clotting and should be avoided for the first 24 hours post-operatively. Beginning 24 hours after surgery, you may rinse with warm salt water to remove any food particles and to aid in comfort. However, it is not necessary.

PERIDEX

Start rinsing with Peridex the next morning, and again in the evening. Remember that it is important that you continue with Peridex unless otherwise directed.

BRUSHING AND FLOSSING

Avoid brushing and flossing in the areas involved in the surgery for one week. You may brush and floss the other areas of your mouth not involved in the surgery. At your one week post-operative appointment you will be given a soft toothbrush for the surgical area.

SUTURES

We have used absorbable (dissolving) sutures so you may find them starting to dissolve in 3-4 days. If they should start to bother you, feel free to trim the loose ends. If a periodontal dressing was placed, it may fall off before you return for your post-operative appointment. This is not a problem, and the dressing can be discarded.

SMOKING

NO SMOKING FOR 24 HOURS. Smoking interferes with blood clotting.

ACTIVITY

Avoid strenuous exercise such as tennis and aerobics, for the first 24 hours. It is important to get your rest and try to get at least 8 hours of sleep.

EATING

Do not drink from a straw for the first 24 hours. Some suggestions on foods to eat the day of surgery would be milkshakes, frozen yogurt, applesauce, or cottage cheese. Foods the day of surgery must be cold or room temperature. Avoid anything hot, as this will promote swelling and bleeding. You can eat normally, but you should chew on the opposite side of your mouth from the surgery side. It is important to maintain a nutritious diet during the healing period.

EMERGENCY NUMBER

We want your treatment to provide as positive a healing experience as possible. If you are having any problems, please contact the doctor after hours by first calling 480-963-6300.