

Post Operative Instructions Following Periodontal Surgery

FIRST 24 HOURS: *to avoid bleeding, bruising, and swelling:*

- Do NOT rinse, Do NOT drink through a straw, Do NOT spit often.
- Only drink liquids or eat foods at room temperature or cooler- AVOID HOT FOODS AND DRINKS.
- NO heavy physical activity or exertion for minimum of 24-48 hours – avoid exercise for 48 hours.
- NO medications that can thin your blood for 24 hours– i.e.: Aspirin, Coumadin (can start again if no bleeding is occurring after 24 hours)
- Apply ice to the outside of your face over the surgical site throughout the first 24 - 48 hours- 10 minutes on, 10 minutes off for 40- 50 minutes, then refreeze the ice packs and do it again after 1-2 hours.
- Some bleeding is normal, especially in the first 24 hours. If bleeding persists, apply firm pressure with gauze, a tea bag, or clean cloth. Sit in an upright position, no rinsing or spitting, apply pressure continuously for 45 minutes and repeat if necessary.

DISCOMFORT: Is likely the first day. The area can begin to ache again at the 3rd and 4th day because healing is most active, this is normal.

RINSE: after 24 hours begin rinsing with warm salt water ONLY (a pinch of salt in 8 oz water) Rinse only 2-3 X per day

SWELLING: can occur following surgery, as can bruising. Ice the area as necessary to reduce the swelling. This is most effective in the first 48 hours after surgery.

PERIODONTAL DRESSING: It is fine if this plastic-like bandage falls off in the first 24 to 36 hours. REMOVE the dressing after 7 days if it has not fallen off and begin gentle brushing.

SUTURES: will usually dissolve between 7-12 days unless they are nylon, we will remove those at your follow up appointment.

EATING: Avoid eating on the side of surgery. Softer foods are easier to manage.

ORAL HYGIENE: Avoid brushing the surgical area for 7 days post op. Do not use an electric toothbrush for surgical site for 6 weeks. Avoid flossing until your post op appointment.

TOOTH PASTE and MOUTH RINSE: for 7 days after surgery, do not use any mouth rinses or toothpaste other than toothpaste with cavity protection- i.e.: any whitening, baking soda, or peroxide, etc.

MEDICATIONS: Finish all antibiotic prescriptions as prescribed. We will often provide a prescription pain medication as well, BUT most post operative pain can be managed by rotating ibuprofen and Tylenol. 3 hours after you take for example, ibuprofen, you can take Tylenol, three hours after you take the Tylenol you will be ready to take the ibuprofen as 6 hours will have passed.

ADDITIONAL: Do not “pull on your lip” to look; Do not vigorously rinse or “pouch your lips”; Do not put gauze between teeth and gums to stop bleeding.

If you have any questions or concerns, do not hesitate to contact one of our team members for assistance at any one of our three offices in the GTA:

Richmond Hill Dentistry - (905)787-8764

Malvern Dental (Scarborough) at (416) 297-5513

Nottingham Dental (Ajax) at (905)427-2027.

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