

# **TEXAS PERIODONTAL ASSOCIATES**

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## **PERIODONTAL SURGERY POST OPERATIVE INSTRUCTIONS**

These post-operative instructions are designed in such a way that if you follow them precisely the least discomfort and the best healing can be expected. It is the goal of this office to make your treatment as comfortable and successful as possible. After you leave the office, relax as much as possible for the remainder of the day. Be good to yourself, you deserve it. Avoid strenuous activity for several days.

**DISCOMFORT AND MEDICATIONS:** Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort. All prescribed medications should be taken strictly as prescribed. The interval between taking the medications and the total length of time you remain on your medications has been carefully determined to give you the maximum benefit with the minimum use of drugs. If any adverse reactions to medications should arise, please discontinue all medications and contact the office immediately.

**BLEEDING:** Slight oozing for the first several hours from the surgical site is normal. If at any time you notice large blood clots or an obvious flow of blood, contact the office.

**SWELLING:** Some swelling is normal. Swelling can be kept to a minimum with ice packs placed over the outside of your face over the surgical area. Keep ice packs on for the first 6-8 hours post operatively, 20 minutes on, 10 minutes off. Swelling may be present the day after surgery and may peak around 48-72 hours after surgery.

**ORAL HYGIENE:** The surgical area may not be disturbed for the first week. Do not brush or floss the area. Clean the teeth not involved with the surgery and use the prescribed rinse for 30 seconds, 2-3 times a day.

**SUTURES AND DRESSING:** Sutures are placed to hold the tissues in the proper position for ideal healing. Do not disturb the sutures with your tongue or toothbrush since displacement will impair healing. During a post-operative appointment, the sutures will be removed. A periodontal dressing is sometimes placed to cover and protect the surgical area. This dressing should not be disturbed. If small pieces come loose, do not be concerned. If large pieces break off in the first 2 to 4 days, contact the office.

**EATING:** For your comfort and to protect the surgical area, a soft diet is recommended. Avoid chewing in the area of surgery. Avoid hard, fibrous, spicy, salty, and excessively hot foods and liquids. Refrain from drinking alcohol during the first week. It is important to maintain a diet with normal calorie level that is high in protein, minerals and vitamins to support post-operative healing. Suggestions for the first day: yogurt, fruit juices, pudding, oatmeal, canned fruits, soups, soft vegetables, or pasta. Avoid popcorn, nuts, chips, taco shells, and seeds.

**SMOKING:** Do not smoke during the post surgical period, as wound healing will be delayed.

**NEXT APPOINTMENT:** Your next appointment is scheduled to check your healing and to remove sutures. This is an important appointment. If any questions arise, please do not hesitate to call the office. We are here to serve you.