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### **Instructions After Periodontal Surgery**

1. **BEFORE SURGERY:** Get a good nights rest the evening prior to your appointment and eat normal meals the day of surgery.
2. **ACTIVITY:** It is recommended that you do not exercise or have intense physical activity for several days after surgery.
3. **PERIODONTAL DRESSING:** A pink putty-like material may be placed around your teeth to enhance comfort and protect the surgical area from irritation. It should be left undisturbed until your next visit. If a portion of the dressing breaks away, it does not need to be replaced unless it causes discomfort.
4. **RINSING:** Do not rinse your mouth during the healing period because it may dislodge the dressing, cause persistent bleeding, and impair healing.
5. **BLEEDING:** Occasional blood stains in the saliva for the next several days is normal. If bleeding is persistent or excessive, attempt to reduce it by applying pressure with a moistened gauze or tea bag to the area for 30 minutes. Apply constant pressure without removing the gauze or tea bag during this time. If bleeding persists, repeat this procedure. Do not rinse or spit. Call your periodontist if bleeding persists.
6. **SWELLING:** Some swelling and/or bruising is normal and usually does not begin until the day after surgery. It may become worse the second or third day after surgery, without improvement for several days. An ice pack used immediately after surgery for 10 minutes on, 10 minutes off, for several hours after surgery will help reduce swelling. If any fever, drainage, or bitter taste develops, call your periodontist.
7. **DISCOMFORT:** Mild to moderate discomfort following surgery is normal and will be reduced by taking medication after surgery as soon as possible. Ibuprofen (Advil or Motrin) 600-800mg taken every 6-8 hours will alleviate swelling and discomfort. A stronger medication may also be prescribed.
8. **Prescriptions:** If antibiotics are prescribed, be sure to follow instructions carefully and promptly call the office if there is any adverse reaction (itching, redness, etc.). You cannot drive while taking some medications including sedatives (diazepam) or narcotic pain medications (codeine, hydrocodone).
9. **EATING:** Avoid chewing on the operated side of your mouth. Avoid hard or sharp foods (hard bread, chips), acidic foods (citrus fruits), spicy foods, and alcoholic beverages. Otherwise, most foods can be eaten if they do not cause discomfort.
10. **ORAL HYGIENE:** Do not brush or floss on any teeth in the surgical area or where the surgical dressing is located. An antibacterial mouth rinse may be prescribed as a substitute for brushing in these areas. Brush and floss all other parts of your mouth normally but avoid vigorous rinsing.
11. **SMOKING:** May impair healing and should be avoided.