



MOUTH CARE AFTER PERIODONTAL SURGERY

DRESSING

- A. You may have a dressing covering the tissues which were surgically treated today. It is important that you take the best possible care of these tissues while they are healing.

LOSS OF SURGICAL DRESSING

- A. This dressing is just like a Band-Aid on the inside of your mouth. Small pieces of the dressing may break off occasionally, in the days following your surgery. If it falls off, **it's ok**, as long as there is no excessive bleeding that you can't control. It is perfectly safe to wait until your next appointment to have the area checked.

ORAL HYGIENE

- A. **First 2 weeks:** You can brush and floss your teeth normally **except** for the surgical site. For the **first 2 weeks, use only your Chlorhexidine rinse to keep the surgery site clean.** You will rinse gently with **1 cap full**, 3 times a day (after each meal). Remembering that your regular toothbrush and toothpaste are still ok to use for all other areas of your mouth. **Do not use** your extra-soft toothbrush until the first 2 weeks have passed.
- B. **Following 2 weeks:** Discontinue rinsing, you can start to use the extra-soft toothbrush that was given to you after your surgery. **This is to be used on the surgery site only.** Dip the toothbrush in what is remaining of the Chlorhexidine rinse and gently sweep it over the site. Do this morning and night after eating for 2 weeks.
- C. **4th week:** You may now brush and floss the area, as normal, unless directed otherwise. Discontinue Chlorhexidine Rinse during this week of healing.

REST

- A. It is always important to get plenty of rest with your surgery.
- B. Avoid aerobic exercise for 7 days.

BLEEDING:

- A. Slight bleeding may continue for up to 24 hours or so. This is normal, and it is not a concern
- B. If excessive bleeding occurs, take a 2x2 piece of gauze, moistened with water, make a firm compress, place directly on the area which is bleeding and apply a firm steady pressure for **30 minutes**. A gauze soaked in a strong solution of black tea may be more effective. Sitting in an upright position will also aid in the control of bleeding. **Avoid spitting, SMOKING, using a straw; since the blood clot may be disturbed.** If these measures do not succeed, call the office.

SWELLING:

- A. Expect some swelling; **it may take 3-4 days before it reaches a maximum.**
- B. Try to avoid bending over. Try sleeping with your head propped up on 2 pillows for the first night only.
- C. Ice packs should be applied to the side of the face around the surgical area. Apply for 10 minutes; remove for 10 minutes. Repeat this alternating procedure for the first day.
- D. Use the Toradol (Ketoralac) prescription that you had received to keep any swelling that you may have to a minimum. If you do not use Toradol, Advil is recommended as an alternative. Do not combine Toradol with Advil, Aspirin or any other anti-inflammatory medications.

DIET:

- A. Do not chew on or near the surgery site. You may eat most foods you desire, but it is safest to favour soft foods such as soup, pasta, yogurt, pudding, chicken, fish, rice, potatoes, etc.
- B. **Avoid foods with seeds.** Avoid hard or chewy foods. Spicy or acidic foods may be irritating for the first few days.
- C. Do not bite into anything if your surgery site is near the front of your mouth. Rip, cut up or break up your food and place it into your mouth.
- D. Tobacco smoke is an irritant to healing tissues and you should refrain from smoking if possible during the first week.
- E. You will feel better, have more strength, less pain and heal faster, if you continue to eat a balanced diet.

DISCOMFORT:

In most cases, a non-narcotic pain combination can be used consisting of Acetaminophen (Tylenol) and Ibuprofen (Advil). If a narcotic has been prescribed, follow the directions carefully. If you have any questions about these medications interacting with other medications you are presently taking, **please call our office first, your physician and/or pharmacist.**

FLUIDS:

- A. It is very important that you stay hydrated. Drink plenty of water.
- B. If you are on antibiotics, avoid alcoholic beverages. They can make your antibiotics ineffective.

INTERACTIONS:

- A. Alcohol can make your antibiotics ineffective. Avoid drinking until your prescription is finished.
- B. Antibiotics can make birth control less effective. Please use additional forms of birth control if necessary while on antibiotics and for one week following completion of your prescription.

EMERGENCY CONTACTS: - If you have an after-hours call of an emergency nature, please call:

Office Answering System: 403-288-3334