



## After Treatment Instructions: Periodontal Surgery

1. **Bleeding:** Little to no bleeding is anticipated. If you notice heavy bleeding:
  - a. Rinse mouth gently but thoroughly with cool water.
  - b. Locate bleeding spot.
  - c. Apply moderate pressure with damp cotton gauze for 30 minutes.
  - d. Repeat as needed and avoided physical activity for several hours.
2. **Swelling:** Ice pack should be applied to face on and off at 10-15 minute intervals. Sucking ice chips may make you more comfortable (1st day only).
3. **Pain:** Begin taking pain medication immediately (before anesthesia wears off). 2 Advil tablets every 4 hours is usually adequate. Take other medication as prescribed. Continue as needed until pain subsides.
4. **Dressing:** If a dressing has been applied, take care not to disturb it. Chew on the opposite side of the mouth.
5. **Antibiotics:** If prescribed, take as directed for the indicated time period. If an antibiotic mouth rinse has been prescribed, use as directed.
6. **Diet:** Soft or liquid diet for the first day. Avoid foods requiring tearing or heavy chewing. Avoid spicy or very hot foods. Stay with cool or warm foods. Resume normal diet when comfortable.
7. **Smoking:** Do not smoke for the first post-operative day.
8. **Oral-Hygiene:** Avoid brushing surgical area(s). All other areas must be cleaned completely.
9. **Rest:** Avoid heavy physical activity for the first post-operative day.

**PLEASE CONTACT IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

1. Continued or severe pain beyond 2-3 days.
2. Continued bleeding beyond 1-2 days.
3. Symptoms resembling the flu (i.e., fever, chills, fatigue or discomfort, swelling or swollen glands).
4. Loss of any dressing within 4-5 days. Disregard small pieces.
5. Apparent reactions to medications, (i.e., nausea, vomiting or allergic-type reactions.)

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