

## **POST OPERATIVE CARE FOR PERIODONTAL SURGERY**

- 1) **ACTIVITY** After leaving the office, relax for the remainder of the day. Avoid strenuous activity for the next 2-3 days.
  
- 2) **SWELLING** Some swelling may be present the day after the surgery and may peak up to 72 hours after surgery. Swelling can be minimized by placing an ice pack over the operated area on the outside of the face for 24 hours after surgery, alternating on and off at 15 minute intervals.
  
- 3) **BLEEDING** Don't spit for the first 24 hours, as spitting can cause and/or promote bleeding. There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours; frank bleeding (bright red) is not to be expected. Should bleeding occur, apply firm, uninterrupted pressure, with moistened gauze, and hold it against the bleeding site 10-15 minutes. If bleeding persists, soak a tea bag in ice cold water, squeeze out excess water and place in affected area with moderate pressure. Leave the tea bag in place for 30 minutes without looking at the area of concern or removing the tea bag. This should cause the bleeding to be reduced significantly or stopped completely. If bleeding persists, repeat the above process.
  
- 4) **EATING** It is important to maintain a relatively balanced diet throughout the course of healing. If necessary, soft foods or liquids can be eaten if chewing is uncomfortable. Do not spit or drink through a straw for 24 hours.
  
- 5) **ORAL HYGIENE:**
  1. Use a cotton swab dipped in Chlorhexidine to gently clean surgical area twice daily.
  2. No flossing in surgical area, unless food becomes trapped.
  3. Brush (manual or Sonicare) the teeth gently in the surgical sites twice daily.
  
- 6) **MEDICATIONS:**
  1. \_\_\_ Chlorhexidine Rinse ½ oz. 30 seconds, AM and PM.
  2. \_\_\_ Ibuprofen – take as directed for mild to moderate pain.
  3. \_\_\_ Narcotic– take as directed in addition to the ibuprofen as needed for more severe pain.
  4. \_\_\_ Antibiotics – take until finished
  5. \_\_\_ Steroid

**It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime: (301) 739-6868. If you need to speak to Dr. Bye after hours, his phone number is (301) 991-0267.**