

**POST-OP SURGICAL INSTRUCTIONS FOR PERIODONTAL SURGERY**

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- 1** BLEEDING
  - a) A certain amount of bleeding is expected and the saliva may be blood tinged for 24-48 hours. If bleeding is persistent, placing a piece of sterile gauze over the wound and biting on it for 20 minutes can control it. Repeat, if necessary. Do not rinse your mouth. It is important that the gauze be placed directly over the site where site is bleeding and not over the adjacent teeth. The gauze must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly. If a graft was placed, do not place too much pressure on the graft area as this may displace the graft.
  - b) If bleeding persists after proceeding as above, examine the surgical site for an extruded clot. This is a mass of dark colored rubbery – like material, which projects from the surgical site and may extend along adjacent teeth. If this is present, remove all of it by wiping the area with a piece of gauze. Then rinse the mouth vigorously with warm water to remove any further remnant of extruded clot. Proceed again as in part 1.
  
- 2** PAIN

This can be controlled by taking non-prescription pain relievers as directed. If you have been given a prescription for relief of pain, use it as directed. These medications should be taken with some food. Avoid alcoholic beverages.
  
- 3** SLEEP

With two pillows so head is slightly elevated, for the first night. This helps reduce swelling the next morning.
  
- 4** SWELLING

Apply an ice bag to the face in the area of the surgery for periods of 20 minutes per hour for the first 24 post -surgical hours only. After 24 hours, a warm towel can be used at the same intervals. Swelling is not uncommon after surgery, especially the next morning. It is usually maximal in about 24-48 hours, and may last several days thereafter. Discoloration of the skin of the face and neck may follow surgery.
  
- 5** MOUTH RINSE

Do not rinse the mouth within 24 hours after surgery. After this time use the mouth rinse prescribed (Peridex) 3 times daily.
  
- 6** DIET

Soft and bland foods are advisable for the first 24 hours. Good nutrition post-surgery is essential. Do not use a straw for drinking. Smoking within the first four days after surgery can retard healing.

## **7** HYGIENE

Continued proper oral hygiene is imperative. Normal care should be maintained, but the surgical area should be excluded from care involving brushing, flossing dental irrigation appliances, etc. It is important to brush the teeth carefully, but not the gums.

## **8** FEVER

A low grade fever may occur following the surgery and should be no cause for alarm.

## **9**

Do not perform strenuous activity or exercise for the first week following the surgery

## **10**

If you have any other concerns, please call (212) 759-2955.

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If you have any concern or questions, please call 212 759 2955  
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