



Activity

After leaving the office, relax for the remainder of the day. Avoid strenuous activity for several days.

Swelling

Swelling may be present after the surgery and may peak at 48-72 hours after surgery. Using an ice pack outside of the face for the remainder of the day at 20-minute intervals can help minimize this.

Bleeding

You may notice slight bleeding from the surgical site. This type of minor bleeding for several days is not unusual and is not a major concern. If at any time you notice the formation of large blood clots or any obvious flow of blood which is more than a light ooze, you can apply pressure with wet gauze for 30-60 minutes.

Eating

It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods can be eaten. Chewing should be done predominately on the side opposite the surgical site. It may be necessary to stick to liquids for the first day, if chewing is uncomfortable.

Discomfort and Medications:

Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics have been prescribed, it is usual to take the first dose while the surgical site is still anesthetized ("numb"). All medication should be taken strictly as prescribed. The interval between taking the medications and the total length of time that you are to remain on your medications has been carefully determined to give you the maximum benefit with the minimum use of drugs. Variation from the prescribed regime can affect healing and the success of your procedure.

Oral Hygiene and Care of the Surgical Site

Continue to brush and floss the teeth that were not involved in the surgery. The surgical area should not be disturbed for the first 12-14 days post-operatively. However, you may rinse gently with a saltwater rinse or a mouthwash if it was prescribed to you. If you were not prescribed a mouthwash, a saline rinse is recommended instead. After your sutures have been removed, we will provide a soft post-surgical brush to clean the area.