

## **INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY**

### **ACTIVITY:**

After leaving the office, relax for a few hours, and avoid strenuous exercise for several days. **DO NOT SMOKE**, as the heat and smoke will delay healing.

### **MEDICATIONS:**

Please follow the instructions on the bottles for any prescribed medications. If any adverse reactions to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please discontinue the medications and contact Dr. Klauser immediately. Some other side effects include constipation, drowsiness, and/or dizziness. **FEMALE PATIENTS** taking contraceptives with Antibiotics should use an additional form of contraception for one month after taking antibiotics.

### **DISCOMFORT:**

Some discomfort may be present the day after the periodontal surgery. If pain medications were prescribed, start taking them before the local anesthetic wears off.

### **SWELLING:**

Some swelling may be present the day following the periodontal surgery. Generally, the swelling will persist for 24 to 36 hours, and then diminish. To minimize swelling, it is important to place cold packs over the operated area for several hours after surgery. Place cold packs on the outside of the face alternating 10 minutes on and 10 minutes off. **BRUISING** should be reported, and may be diminished with warm packs.

### **BLEEDING:**

There should be minimal bleeding following the periodontal surgery. There may be a slight pink discoloration of the saliva for several hours, but frequent bleeding is not to be expected. Should bleeding occur, place a moistened (cold) tea bag (caffeinated) over the area, and gently hold against the bleeding site. It may take several (15-20) minutes before the bleeding stops. If there is no change in the amount of bleeding, call Dr. Klauser immediately. **DO NOT TRY TO STOP THE BLEEDING BY RINSING.**

### **ORAL HYGIENE AND CARE OF THE DRESSING:**

**DO NOT** rinse the day of the surgery. **DO NOT** use a straw to drink.

It is very important to maintain a high level of oral hygiene in the non-operated areas. If a dressing was placed over the surgical area, **DO NOT REMOVE THE DRESSING**. It was placed for your comfort, and it should be removed at the post-operative appointment. If the dressing should become loose, or fall off without any increase in the discomfort, it does not need to be replaced. The dressing will not harm you if accidentally swallowed. Rinsing with warm salt water three to four times a day should clean the dressing, starting one day **AFTER** surgery. **DO NOT USE** toothpaste with "whitening bleach" / Hydrogen Peroxide / Baking Soda until further instructed by Dr. Klauser.

### **EATING AND DRINKING:**

You should try to maintain a relatively normal diet following the surgery, avoiding alcoholic beverages, very hot liquids, very spicy foods, and acidic fruits such as pineapple, oranges and tomatoes. For the first few days, cool your mouth with cold foods. Protein drinks and soft foods such as potatoes, cottage cheese, eggs, soft meats, and fish can be eaten. Try not to chew on the side of the surgery.