

South Hill Periodontics

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INSTRUCTIONS FOR PATIENTS FOLLOWING PERIODONTAL SURGERY

BLEEDING: Bleeding will be well controlled before you leave the office. However, there may be some bloodstains in your saliva for a few hours after surgery. Avoid forceful coughing, strenuous exercises, smoking, rinsing, and spitting on the day of surgery.

SMOKING: Smoking should be eliminated during the first week after surgery. Smoking irritates the surgical areas and slows healing of the tissue.

SWELLING: An icepack held over the outside of the face in increments of 10 minutes will help reduce swelling (10 minutes on, 10 minutes off.) If swelling appears to be increasing beyond the initial 72 hours, please call our office.

DIET: Drink plenty of liquids and eat only soft foods for the first 24 hours following surgery. Be sure not to skip meals, as proper nutrition is essential to healing. Cold or cool liquids are preferable on the day of surgery.

ORAL HYGIENE: Do not brush the area of the surgical site for the first week following surgery. You should brush and floss all other teeth as you normally would. Start the prescription mouth rinse 24 hours after surgery.

PAIN: Some pain or discomfort is to be expected following any surgery. You will be given a prescription for an appropriate medication. Do not take any medications on an empty stomach. Do not drive a vehicle or operate machinery while on pain medication. If you have only slight discomfort, not enough to warrant taking the prescription pain medication, you may take Tylenol or Advil every 4 – 6 hours or as needed for comfort.

SEDATION: If I.V. sedation was used for your surgery a responsible adult must take you home from the office. It is very important that you stay at home and rest on the day of surgery, as it takes several hours for the effects for the medications used for you I.V. sedation to wear off. Do not drive a vehicle, operate machinery, use alcohol, or conduct business on the day of surgery.

SUTURES: Sutures will be removed at the first post-surgical visit, usually 10 – 14 days following surgery.

ANTIBIOTICS: It is not always necessary to take antibiotics when you have surgery. However, if you have been given a prescription for an antibiotic, have it filled and then take all of the medication according to the instructions on the label. If you should develop diarrhea, nausea or a skin rash, stop the medication and call our office.

After the first 48 hours following surgery you should feel better each day. However, if you have any questions concerning your progress, please do not hesitate to call. We can be reached 24 hours a day by calling (509) 536-7032.

