

**POST SURGICAL INSTRUCTIONS**  
**Periodontal Surgery**

**REST:** Relax as much as possible after your surgery. We advise you not to return to work the day of the surgery. We recommend sleeping with your head slightly elevated, using extra pillows if necessary, for the first few nights. Please limit your physical activity (No tennis, jogging, etc.) and avoid stressful situations for the first 48 hours.

**ICE PACK:** Apply ice packs to your face for three hours post surgically (15 minutes on and 5 off).

**PAIN:** You may have some discomfort after the anesthesia wears off. Please do not take aspirin or anything containing aspirin (Acetylsalicylic acid). Continue taking the medication as prescribed by our office. Do not drive or operate machinery if you are taking prescribed pain medication.

**BLEEDING:** Slight bleeding is normal. If bleeding is heavy, apply continuous pressure to the bleeding area with a moistened tea bag (Not herbal tea) for 30 minutes. If the bleeding does not stop, please call our office.

**RINSING:** Twelve hours after surgery, you may rinse with Peridex or Periogard. This may be done two times a day. Please do not use other mouthwashes as they may interfere with the healing process.

**ALCOHOL AND SMOKING:** Please avoid smoking and the use of alcohol for the first 48 hours after surgery.

**ORAL HYGIENE:** It is very important to keep the surgery area as clean as possible. On the day following surgery begin gentle brushing at least twice a day. After one week, you will be instructed to apply the Peridex with a Q-tip. Do not use the proxabrush or rubber tip until sutures are removed. Do not use toothpaste around the surgical site.

**EATING:** Avoid drinking anything hot for the first 24 hours after surgery. Maintaining an adequate diet is very important. IF chewing is difficult, try to eat a smaller amount of food more frequently. Chew on the opposite side of your mouth. Hot or cold may be uncomfortable. Avoid eating hard, spicy or acidic foods. Recommended foods include broth, eggs, custard, cooked cereals, chopped or ground meat, soup yogurt, pudding, baby food, cottage cheese, etc. You might also try food supplements such as Instant Breakfast.

**SUTURES:** If some of the sutures become loose, please do not pull at them. If they are bothersome, please call our office.

**FLUORIDE:** One week after surgery, please begin applying fluoride to the tooth surfaces using a proxabrush.

If you have any questions, please do not hesitate to call us at (213)365-1008.