



Post Operative Instructions following Periodontal Surgery

- Bleeding:** Slight bleeding or oozing for the first **12-24 hours**. Keep head elevated and rest. Do not spit excessively. Do not pull your lip or cheek to look at the surgical site.
- Swelling:** Some swelling and discoloration is normal following your surgical procedure. Peak swelling is typically 2-3 days after surgery and should begin to diminish by the fifth post-operative day. Place ice or cold compress on the surgical region (20 minutes on, 20 minutes off) as much as possible for the first **24 hours** post surgery.
- Smoking:** Avoid smoking during the healing period (at least **7 days**). It is recommended that you do not smoke for the first two weeks since smoking can interfere with the healing and make the results less predictable.
- Discomfort:** Take anti-inflammatory medications as directed for pain and swelling.
- Diet:** A nutritious liquid or soft diet will be necessary for the first **3 days** following surgery. Do not eat/function on the surgical side for **4 weeks**.
- Physical Activity:** Rest as much as possible for the first **24 hours** post operatively. Patients who have had sedation should refrain from driving an automobile for **24 hours**.
- Sutures:** Sutures may dissolve or be removed at your follow up appointment.

Home care:

- Continue to brush and floss the untreated areas of as you normally would.
- Do not brush or floss the surgical site for **7 days** following surgery.
- After **7 days** you may brush the teeth at the surgical site, but not the tissues.
- You may resume your normal home hygiene routine **4 weeks** after surgery.
- Beginning **24 hours** after surgery, rinse twice daily for one week with the mouth rinse prescribed to you.

Contact our office if:

1. Bleeding is excessive and cannot be controlled.
2. Discomfort is poorly controlled.
3. Swelling excessive, spreading, or continuing to enlarge after 60 hours.

