

Instructions Following Periodontal Surgery

You have completed a very important phase of your periodontal treatment and will now begin the healing process. Fortunately, periodontal surgery today has few complications and is usually uneventful. The following instructions are intended to aid in your healing and to keep you comfortable.

Care of Surgical Areas:

You may continue to brush and floss nonsurgical areas as normal. Modified home care will be reviewed for the surgical site(s) and updated at your post-operative appointment.

Rinse twice a day with the prescribed mouth rinse, Chlorhexidine (Peridex). After use, avoid eating or drinking for 30 minutes. Please note Chlorhexidine can temporarily cause staining. If staining does occur, it can be polished off after the rinse is no longer needed. Warm salt water rinses (1 cup water, 1 teaspoon salt) can be used throughout the day as needed.

24 hours after surgery, begin brushing surgical area(s) with soft toothbrush that has been provided. Use this toothbrush, dipped in Chlorhexidine, twice a day. Please avoid your regular toothbrush, electric toothbrush, or floss in surgical area(s) until instructed.

Using the given soft toothbrush or clean finger, apply Sodium Fluoride (Prevident) once a day before bed. After application, avoid eating, drinking, or rinsing as this allows the fluoride to penetrate into the tooth.

An appropriate sequence of care is as follows:

Night of Surgery:

- Rinse with Chlorhexidine. Wait 30 minutes to eat, drink, or rinse.
- Apply Sodium Fluoride. Avoid eating, drinking, or rinsing after application.

Morning after Surgery:

- Brush surgical area(s) with soft toothbrush dipped in Chlorhexidine.
- Rinse with Chlorhexidine. Wait 30 minutes to eat, drink, or rinse.

Night after Surgery:

- Brush surgical area(s) with soft toothbrush dipped in Chlorhexidine.
- Rinse with Chlorhexidine. Wait 30 minutes to eat, drink, or rinse.
- Apply Sodium Fluoride. Avoid eating, drinking, or rinsing after application.

Continue the sequence of “Morning after Surgery” and “Night after Surgery” until your post-operative appointment.

Medications:

Please take prescribed medications as directed. Alcoholic beverages should be avoided while taking tablet medications.

What to Expect following Surgery:

It is important to understand, at times, you may experience discomfort, swelling, bleeding, or bruising. Every patient is different and there is no way of predicting if you will experience these symptoms.

Discomfort: You may experience discomfort. To help control tenderness:

- Take prescription medication **before** anesthesia wears off.
- Continue to take prescription as directed for 24 hours.
- If needed, acetaminophen (Tylenol) may be used in combination with prescription medication for added relief.

Swelling: It is normal to experience swelling after surgery. To minimize swelling:

- Apply ice packs for 3-4 hours at 20 minutes intervals for first 3 days.
- Moist heat may be applied thereafter for added comfort.
- Keep activity light and avoid exertion for 1-2 days.
- In general, with increased activity comes increased discomfort.
- If prescribed, begin Medrol Dose Pak the morning of surgery.

Bleeding: Slow drainage is normal for several hours following surgery. To help control bleeding:

- Do not rinse the mouth for 4 hours following surgery.
- Keep your head elevated by propping with 2-3 pillows.
- If needed, apply moist gauze to area with gentle pressure for 30 minutes.
- If bleeding becomes excessive, call our office.

Sutures: Dissolvable stitches will be placed in surgical area(s) and will begin to fall out within a week.

Smoking:

Smoking slows healing and may jeopardize this procedure. It is recommended smoking be eliminated or reduced as much as possible during the post-operative period.

Diet:

Please refer to the Dietary Suggestions pamphlet that you received prior to surgery. Begin with softer foods for the first week and gradually work into a firmer diet at your discretion. Refrain from using a straw for 1 week.

Contact Information:

If questions arise regarding the progress of your healing, please contact our Office at:

Periodontal Specialists - Austin	507.437.6679
Periodontal Specialists - Cottage Grove	651.459.1953
Periodontal Specialists - Northfield	507.663.1815
Periodontal Specialists - Owatonna	507.451.1920
Periodontal Specialists - Red Wing	651.388.4774
Periodontal Specialists - Rochester	507.288.1338
Periodontal Specialists - Winona	507.454.7142

After office hours, questions or concerns can be addressed by calling: 1.877.504.5103