

PERIODONTAL SURGERY POST OPERATIVE INSTRUCTIONS

Immediate Instructions

- If possible, do not smoke for four days after surgery.
- During the first four to six hours following surgery, only drink cool liquids.
- Avoid talking excessively for between four and six hours after surgery.

Recovery Guide

- If your doctor has prescribed a medication, follow the directions.
- Immediately after arriving home, apply ice packs to your face. This can reduce swelling if done on the first day of surgery.
- You should avoid drinking any alcoholic beverages the day of the surgery, as well as during the first week if you will be taking pain medication.
- During the first 24 hours, try to minimize mouth movements.

Diet

- On the day of surgery, only liquids should be consumed. Liquids should be cool for the first four to six hours. Avoid extremely hot beverages for the rest of the day.
 - **Examples:** Soup, broth, juices, milk, and milk shakes.
 - High protein diet food such as Ensure or Carnation Instant Breakfast are very good.
 - Avoid drinking through a straw.
 - Refrain from drinking citrus juices if you find them irritating to the gum tissue.
- Semi-solid foods may be taken from the second day on or as tolerated.
 - **Examples:** Jello, cereals, creamed vegetables, cottage cheese, ham salad, hamburger, fish, scrambled eggs, and mashed potatoes.
 - Refrain from eating any spicy foods.
 - Try to maintain a high protein, high fluid intake diet.

Oral Hygiene

- Do nothing on the day of surgery.
- From the second day onward, brush or floss any area not covered by sutures or dressings. You may also start rinsing with the following:
 - ½ teaspoon salt in four oz (½ cup) of very warm water
 - Warm water mixed with 3% hydrogen peroxide in a 1:1 ratio.
 - Alternate this and the salt water rinse between six and eight times a day, starting on the second day.
- Lubricate your lips with vaseline for several days following the surgery.

Activity

In general, the less active you are the first day, the more comfortable you will be. Watching TV, sleeping, or reading is most advisable. From the second day on, you may be the judge of how active to be depending on your personal comfort. Physical activity or going to work is permitted accordingly.

What To Expect Following Surgery

- Swelling usually peaks from 24 to 78 hours and begins to decline in 48 to 72 hours. Ice pack applications will help prevent swelling.
- Pain and discomfort can be kept under control with your medication, along with the ice packs and reduced mouth activity. If the pain medication is inadequate, call our doctor.
- Red-tinged saliva due to bleeding is not unusual the day of surgery. If active, bright red bleeding occurs, apply a wet tea bag to the area where the blood is coming from, and keep firm pressure on the spot for half an hour without letting up. If bleeding still persists, call our doctor.

Summary

Please do not hesitate to call if any question arises which you consider important.

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