



**Tri-Cities**  
DENTAL SPECIALISTS

## **POST OPERATIVE CARE FOLLOWING PERIODONTAL SURGERY**

**REST:** Lying quietly with your head elevated is recommended for the remainder of the day. Please limit physical activity. Always get up slowly from a reclining position. Treat yourself as if you have a cold or flu. We want your resistance to be as high as possible to encourage rapid healing.

**MEDICATION:** As soon as you arrive at home, take one of the tablets or capsules prescribed for discomfort. Continue to take the medication as prescribed.

**DO NOT TAKE ASPIRIN OR ANY OTHER DRUG CONTAINING ASPIRIN** (such as Anacin, Empirin, Bufferin or APC) for pain control. Aspirin can cause bleeding after surgery. As a substitute use Tylenol or any medication this office recommends. If an antibiotic has been prescribed, be sure to take all the medication as directed. If any drug causes nausea, itching or a skin rash, discontinue the drug and phone us IMMEDIATELY at 604.939.8467.

**PERIODONTAL PACK:** When necessary, surgical dressing is applied over the sutures to protect the area. It should remain in place until your next appointment when it will either be removed or replaced. Small particles of dressing may chip off, but this is of no consequence unless it causes discomfort. If the periodontal dressing should come off or become loose prior to your next appointment, please call our office.

**BLEEDING:** Some slight seepage of blood is expected after the surgical procedure. Extensive bleeding should not occur. In an emergency, apply pressure with a moistened tea bag for 20 minutes to the bleeding area and call our office.

**SWELLING:** Some swelling often occurs and this is normal. You can minimize the swelling (and consequently the pain) by placing an ice pack on the side of the surgical procedure ½ hour on then ½ hour off, for the first 4-6 hours. Ice cubes in a plastic bag work nicely as an inexpensive ice pack. Do not use heat on your face for the first 24 hours and avoid hot drinks or hot foods. If excessive swelling or pain occurs, please call us.

**RINSE:** *Do not* rinse your mouth vigorously for the rest of the day. Fluids should be swallowed as directly as possible. It is recommended that you drink eight ten ounce glasses of water, juice or milkshakes. After the second day you can gently rinse.

**EATING:** Avoid hot foods or fluids. Avoid foods that are spicy, sharp or hard. This can cause bleeding to begin and can loosen the dressing if one has been placed. Also, do not use head on your face the day of surgery.



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**ALCOHOL:** Avoid the use of any alcoholic beverages as alcohol can mix with the medications you are taking and cause a severe over-reaction. Alcohol can also act as an irritant and delay healing.

**SMOKING:** We suggest you avoid or minimize smoking as it tends to dry out the oral tissues. Thus acting as an irritant, it delays healing and may encourage bleeding.

**ORAL HYGIENE:** Meticulous oral hygiene should be continued in all other areas of your mouth, except in *in area of the surgery*. Gentle rinsing after meals will be sufficient in the surgical area for the next two weeks. A moistened Q-Tip can be used to gently clean the surface of the periodontal dressing. Use Vaseline at the corners of your mouth to prevent cracking and drying.

**NUTRITION** It is very important to maintain an adequate diet after surgery. Drink a least 2 litres of fluid a day. You can chew on the opposite side of your mouth and please avoid extremely hard or crunchy foods. Eat foods that supply nourishment with little (if any chewing necessary for swallowing (broths, soups, eggs, pudding, pasta). Food supplements are recommended if you have difficulty obtaining an adequate diet. ie. Boost

**If you have any questions or concerns, please call**

**604-939-8467**

If you are experiencing an emergency and it is after regular business hours you may call your Dental Specialist on their emergency phone line listed below:

Emergency Number Dr. Narani 604.728.4937