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PERIODONTAL  
POST-SURGICAL CARE  
INSTRUCTIONS

# PERIODONTAL POST SURGICAL CARE INSTRUCTIONS

190 Victoria Road, Suite 104, Dartmouth, NS B3A 1W2

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Please follow these suggestions in caring for your mouth after periodontal surgery. They are necessary for both comfort and to obtain good results.

- General**
- **NO SMOKING FOR 2 weeks**—smoking prevents good healing.
  - Limit strenuous physical activity for the next few days. You may, however, participate in normal daily activities.
  - Avoid the following for the first 48 hours: a) alcohol, b) caffeine (colas, teas, coffee), c) using straws, d) spitting, and e) blowing your nose excessively.
- Bleeding**
- For the first 24 hours, some oozing and discoloration of saliva is normal.
  - Keep your head elevated during sleep/rest.
  - For excessive bleeding and continuous flow, utilize a moist gauze or black tea bag (moistened with cold water) and apply FIRM pressure at bleeding site for 30 minutes. Try this at least twice.
  - If bleeding does not stop, please call the After hours phone number listed below.
- Swelling**
- Keep ice bag or a frozen bag of vegetables over the face, close to surgery area for 24 hours, alternating 20 minutes on and 20 minutes off.
  - Swelling will be the greatest in the next 3-5 days.
  - If swelling and/or discomfort persists after day 5 or it seems to be getting worse, please call the after hours number below.
- Medication**
- Take the prescribed medication before the local anesthetic (freezing) wears off. Do not mix your medication with alcohol.
    - Ibuprofen (Advil) 400mg OR
    - Acetaminophen (Tylenol) 500mg
  - Take the above dosage every 4-6 hours for the first 2 days after surgery, and then as needed for pain.
  - **Other medication:** \_\_\_\_\_
  - **Antibiotic:** \_\_\_\_\_

- Diet**
- Eat soft, warm, or cold foods for 1-2 weeks. Examples: ice cream, milk shakes, soups, mashed potatoes, scrambled eggs, pasta, puddings, yogurts, instant breakfast, etc. and progress as tolerated to a normal diet. Maintain a good fluid intake. Avoid seedy/grainy food (eg. raspberries, sesame seeds, cracked pepper, popcorn, etc.).
- Mouth care**
- Avoid all rinsing the mouth for the first 12 hours following surgery (unless specified otherwise).
  - Avoid brushing/flossing in the surgical area for 1-2 weeks while the sutures are intact. In this time, you can continue brushing/flossing all other areas as normal.
  - Periodontal pack/dressing may be put on the surgical site. These dressings may fall off by themselves in pieces, or completely the next day or last until your post-op appointment. There is no set time for them to stay on. If the dressing falls off, throw it in the garbage. Do **NOT** place it back on the surgical site.
  - Rinse with either  salt water  chlorhexidine solution at least twice a day for at least 30 secs. Rinsing will help keep plaque/food away from the surgical site.
  - Please do not attempt to cut stitches as this may affect the outcome of the surgery.
- Sinus precaution**
- In the event of sinus grafting/involvement, please follow the instructions below:
  - Avoid blowing through the nose.
  - Keep mouth open during sneeze.
  - Do not bend head down and keep head elevated during sleep/rest.
  - Utilize over the counter decongestants such as Sudafed to keep the nasal draining continuous.
  - Avoid flying for at least 3 weeks.
- Numbness/  
Altered sensation**
- Please take B Vitamin Complex for the following 2-6 weeks
- Pain following loss of palatal dressing**
- Oral antiseptic gel ( e.g. Orajel) can be applied throughout the day as additional pain management.