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INSTRUCTIONS FOR CARE OF MOUTH AFTER PERIODONTAL SURGERY

The following information has been prepared to help answer any questions you may have regarding the procedure that has just been performed. Please read the instructions carefully.

1. **DRESSING** – The material around your teeth is periodontal surgical dressing that protects the area and should not be disturbed. Small particles of this protective covering may chip off; this is of little consequence unless there is discomfort in the exposed area.
2. **BLEEDING** – For a time after surgery, there may be traces of blood in your saliva: this is normal. If there is bleeding, do **NOT** rinse! Moisten a teabag and apply it to the area, maintaining pressure for 20 minutes without removing the teabag for examination. If you are unable to stop the bleeding please call the office.
3. **PAIN** – In case of discomfort, take two aspirins (or whatever preparation you take for minor pain) every four hours. If a more potent pain reliever is necessary you will be given a prescription.
4. **FOOD** – Do not chew on the side where the periodontal dressing has been placed. Try to avoid hard foods, highly seasoned foods and condiments. A soft diet is recommended.
5. **HOME CARE** – **DO NOT** use dental floss or your toothbrush on the side where surgery was performed for at **LEAST** seven days. Rinse to cleanse the area.
6. **SWELLING** – After surgery, swelling often persists for as long as seven days. Apply an ice bag or chopped ice wrapped in a towel against swollen area 30 minutes on, and 30 minutes off for the first 24 hours. This will help prevent extreme amounts of swelling. If swelling is still present after 36 hours, apply moist heat to affected area (30 minutes on, and 30 minutes off).

FAITHFULL COMPLIANCE WITH THESE INSTRUCTIONS WILL ADD TO YOUR COMFORT, AND HASTEN RECOVERY!