

## **Hyde Park Periodontics & Implant Solutions**

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### **POST-OPERATIVE INSTRUCTIONS**

- 1.** Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.
- 2.** No vigorous rinsing, drinking through a straw, or spitting for 3 days so that the blood clot will not be disturbed.
- 3.** Today, rest as much as possible with your head elevated. No vigorous exercising for 3 days.
- 4.** Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs place a wet teabag on the involved area and apply direct pressure for 15-20 minutes. Repeat as necessary.
- 5.** Do not pull back on lips or cheeks to look at the area as this can disturb the surgical site and increase complications.
- 6.** Do not eat by the surgical area for 1 week. Soft nutritional foods will be necessary for the first few days.
- 7.** Do not use tobacco or drink alcohol as these will delay healing and may cause complications.
- 8.** Swelling can be lessened by placing a cold compress on the face alternating on and off for 10 minutes during the first 72 hours.
- 9.** Take all medications the doctor has prescribed for you according to directions.
- 10.** Starting 24 hours after surgery, gently rinse your mouth with  $\frac{1}{4}$  teaspoon of salt, and a  $\frac{1}{4}$  teaspoon of baking soda in 8 ounces of warm water three times a day.
- 11.** After the periodontal treatment, proper oral hygiene must be maintained to aid in healing. After one week, carefully brush the teeth while avoiding the gums in the area of surgery. Gentle flossing can be resumed in 2-3 weeks.
- 12.** After periodontal surgery, sensitivity of the teeth may occur. This is remedied by maintain proper oral hygiene and by the use of a sensitive toothpaste, such as Sensodyne.
- 13.** If a periodontal pack has been placed, do not remove it. The pack should remain in place for one week. If the pack comes off, it is not an emergency, but the doctor should be notified.
- 14.** Return for your appointment to have the periodontal pack and any sutures removed.