Bright Smiles DDS

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**PERIODONTAL POST-OPERATIVE INSTRUCTIONS**

1. **Bleeding:** A small amount of bleeding for several hours after surgery is normal. A very small amount will turn saliva in the mouth red. If excessive bleeding occurs, please call.
2. **Pain:** If pain medications have been prescribed, they may be taken as soon as you arrive home. Because you have had surgery, some post-operative discomfort may be present, even with your prescription. Some pain medicines may make you groggy and can slow down your reflexes. Suddenly sitting up or standing may make you feel dizzy. Driving, making important decisions, or operating machinery should be avoided while taking your pain prescription. You will be advised of the need to take these precautions if necessary. Pain medications should not be taken on an empty stomach.
3. **Swelling:** Swelling following periodontal surgery is normal and may contin8ure for several days. However, if fever develops, please call. To help control swelling, an ice pack should be placed on the cheek for 15 minutes on, 10 minutes off, then repeated for 3-4 hours, the day of surgery only.
4. **Antibiotics:** If you have been given a prescription for antibiotics, you must take all the tablets as prescribed.
5. **Dressing:**  The periodontal pack, if placed, should stay in place until you return. Small pieces may break and become dislodged. This loss is not a problem unless the surgical area is extremely sore. If so, call.
6. **Eating:** Do not drink any alcohol while taking pain medications. It is important that you continue to receive proper nourishment. Unless otherwise instructed, it is usually more comfortable to limit the diet to cold, soft foods during the first 12-24 hours. A blender or food processor can be very helpful. Highly acidic or seasoned foods can cause burning sensations. It is very important to maintain your normal fluid intake. Resume a balanced, high protein diet as soon as it is comfortable. DO NOT MISS MEALS OR GET DEHYDRATED.
7. **Tooth Sensitivity:** Occasionally after surgery, teeth may become very sensitive, especially to cold. See Oral Hygiene instructions below.
8. **Oral Hygiene:** Starting the evening of the day of surgery, brush and floss in all areas except the surgical site, which may be cleaned with warm salt water rinses (1/2 teaspoon salt to a glass of warm water) 2-3 times a day. If you have been given a prescription for Periogard, an antibiotic mouth rinse, rinse in the morning and evening with ½ ounce for 30 seconds and spit out. Do not eat or drink for ½ hour after rinsing.
9. **Sutures:** Sutures will be removed at your post-operative appointment.

These instructions will help to make you as comfortable as possible. If you have any questions, do not hesitate to call.