

INSTRUCTIONS FOR CARE OF YOUR MOUTH AFTER PERIODONTAL SURGERY

1. Moderate discomfort may be present when the anesthesia wears off. If medication has been prescribed, the first dose should be taken within one hour after the procedure, then the dosage continued as directed. If you are prescribed an antibiotic, please be aware that it may interfere with the effectiveness of birth control pills - please use an additional contraceptive method during the use of antibiotics and for one complete cycle of birth control pills after the antibiotics are completed. If you develop a rash, discontinue the medicine immediately and contact the office. Also, be careful not to bite your cheek, lips or tongue while chewing food as they remain quite numb for a number of hours after your appointment.
2. A dressing may be placed around your teeth which is a periodontal pack and should not be disturbed for 24 hours. It is placed mainly for your comfort and to prevent food debris from accumulating in the surgical area. It will become hard in 2 hours. You may eat a soft diet, but avoid chewing in the area where the dressing is present. The dressing should remain in place 2-3 days. At times, pieces of packing may fall off. When this occurs, simply keep the surgical area as clean as possible and return for your next scheduled appointment.
3. Do not be concerned if traces of blood in the saliva are noted for several hours after the procedure. Rising the mouth interferes with the clotting of the blood, so **DO NOT RINSE OR SPIT** the first evening. If bleeding is a problem, rinse gently one time with cold water. Locate the area of trouble, wet a gauze and wrap a wet tea bag and place as to apply pressure to that area. Again, **DO NOT RINSE OR SPIT**, that makes it bleed more.
4. In some instances, facial swelling may occur in the area of the periodontal surgery. Swelling can be minimized by placing ice packs over the treated area soon after surgery in twenty minute intervals for several hours after the surgery. After 24 hours a warm wet pack may be used.
5. Care should be taken while the pack is setting. Hot fluids and excessive chewing should be avoided for 24 hours after the periodontal surgery. After 24 hours, a soft diet and normal oral hygiene procedures should be instituted, with care being taken around the surgical area. You should not brush your teeth in the area of the dressing. Clean the surface of the dressing with a cotton-tipped applicator dipped in a 3% hydrogen peroxide or plain mouthwash. You should try to use the other side of your mouth for chewing.
6. After 24 hours, mix 1 teaspoon of salt with a glass of warm water and rinse 3-4 times daily and after every meal. Do not swallow the salty water.
7. Chlorhexidine mouthrinse - may stain teeth, which can be polished off at next cleaning appointment. Rinse with 15ml (capful) twice a day until next appointment.
8. Refrain from smoking.
9. If you develop any abnormal swelling, bleeding, difficulty in breathing or swallowing - report to the emergency room immediately.
10. As always if you have any questions or problems, **CALL US!**