

PERIODONTAL SURGERY INSTRUCTIONS

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

DISCOMFORT

When the anesthesia wears off, you may have slight discomfort. It is advisable for you to take some mild pain medication (for discomfort) before the anesthesia of the surgery wears off. Take as directed, any medication prescribed.

DRESSING

- You have a periodontal dressing over your gums to protect them from irritation.
- The dressing reduces discomfort and enables you to carry on most of your usual daily activities.
- The dressing will harden in a few hours, after which it can withstand moderate forces of chewing. If a piece of the dressing breaks off and you have discomfort, please call the office.

DIET

Follow a soft dietary regimen. Sticky, harsh, hard, brittle, crumbly, spicy, or highly seasoned foods should be avoided. The diet should be nutritive and bland, with non-irritative consistency. It is advisable to do most of your chewing in an area of the mouth that does not have dressing.

PLAQUE CONTROL

A clean mouth is very important to proper healing and long term prevention of further periodontal problems. Starting tomorrow, you may rinse as often as you wish with any pleasant-flavored mouthwash. Brush and floss the other areas of your mouth which do not have periodontal dressing. After the dressing is removed, brush and floss all areas after each meal and at bedtime. Follow-up professional evaluations and routine cleanings are a must to maintain periodontal health.

BLEEDING

There may be blood stains in your saliva after the operation. This is not unusual and will correct itself. If bleeding is considerable, please call the office. Do not try to stop the bleeding by rinsing. Bleeding may be controlled by applying a moist tea bag to the involved area. Hold the tea bag in place for 20 minutes without removing it.

FUTURE

After the dressings are removed, you may experience tooth sensitivity to temperature changes (particularly to cold). This is usually temporary and should gradually diminish. You may also find that the teeth appear longer with wider spaces due to the gums being placed in a healthier and more easily cleansed position.

Good oral hygiene is crucial to the continued success and maintenance of your oral health. Frequent professional cleanings and good home care are necessary to avoid continued loss of bone support and the need for further periodontal surgery.

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