



Instructions Following Periodontal Surgery

The following information has been prepared to help answer the many questions you may have regarding the surgical procedure which has just been performed. Please read the instructions carefully. Our experience has shown them to be very helpful. Please ask questions if you do not understand any of the following instructions or use of your medication(s).

1. When the anesthesia wears off, you may have some discomfort from the operation that was just performed. Your surgeon has recommended or prescribed pain medication for you.
2. A periodontal dressing may have been placed around your teeth in the area of surgery. It is comparable to the surgical dressing used in other types of operations. It protects the area when eating or brushing. Please try not to disturb it.
3. The periodontal dressing will become semi-rigid within a few hours. It can then withstand some of the forces of chewing without breaking. Please limit yourself to a semi-solid diet and avoid excessively hot foods for the first day. After this period, you may slowly return to your regular diet. However, avoid eating on the side with the dressing.
4. The dressing should be permitted to remain in place as long as possible. Small particles may chip off during the week. Should a sizeable portion become loose or fall off, please call the office. While the dressing is in place you may notice a slight pain or soreness in the cheek or inside of the mouth. The edge of the dressing may be rubbing against the tissues. You should not be concerned that anything has gone wrong in the operated area. Please call the office if the soreness persists.
5. If a medicated rinse was prescribed, then rinsing is an important part of the treatment. The real purpose it serves is to improve your oral hygiene efforts. Do not rinse vigorously for 24 hours following your surgery; just gently roll the solution in your mouth. After that time period, if your mouth does not feel clean, you may rinse every two hours with warm water and salt.
6. You may use your toothbrush as you usually do, but do not use it on the dressing or exposed surgical sites, in case a dressing is not used. Avoid vigorous brushing in parts of the mouth which have previously been operated upon recently and from which the dressing has been removed. Try to keep food or plaque from accumulating in these areas with gentle use of an ultra-soft toothbrush. You doctor will advise you on the use of special adjuncts such as floss or rubber tips, etc....
7. You may follow your regular daily activities. Avoid excessive exertion of any type. Athletics and long exposure to the sun should be avoided for the first few days following the surgery. Also...no swimming, excessive alcohol consumption or smoking. If you smoke, you may want to consider using a nicotine transdermal patch for the first 3 to 5 days. This may ensure better results.
8. You may experience a slight feeling of weakness, chills or fever during the first 24 hours. This should not be immediate cause for alarm, but it should be promptly reported to the office. Call us at (617) 266 – 2700, even if it is after normal hours
9. There may be occasional blood in the saliva for the first four to six hours after the operation. This is fairly common and will usually correct itself. If there is considerable bleeding, take a piece of sterile gauze, form it into the shape of a “U”, hold it in the thumb and index finger, apply it to both sides of the dressing and hold it under gentle pressure for 10 minutes. Do not remove it during this period to examine it. If the bleeding does not stop at the end of this time, please contact the office. Under no conditions should rinsing be used to try to stop the bleeding. Call the office.
10. If you are concerned about the progress of your recovery, or questions about your medication, please call the office. Please do not forget to ask the doctor when you should return for a follow-up appointment (removal of sutures, evaluate healing, change medications, etc). You may require more than one follow-up visit to evaluate your progress.