

## POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY

### **ACTIVITY:**

Heavy activity will increase blood flow, which can lead to bleeding and swelling. Absolutely no heavy activity or strenuous exercise for 24-48 hours following surgery. Only light activity.

### **MEDICATION:**

It is normal to have mild to moderate discomfort from the date of surgery, for up to one week. Take the prescribed medication as recommended. Avoid taking aspirin for one week after surgery because complications from bleeding may result and cause delay in healing. If a prescription hasn't been indicated for you, you may take over-the-counter Ibuprofen (if not allergic to it, or not taking Aspirin) available at any local pharmacy (Ex: Brufen). Each tablet is 200mg. You may take up to 800mg (4 tablets) every 8 hours based on your degree of pain. You may continue this for 2-5 days based on your pain. If necessary, you may also take 1 tablet of paracetamol (Crocin) 325mg in addition to the above every 4-6 hours.

### **ICE:**

If ice is recommended, utilize ice on the side of your face associated with the surgery, intermittently for 5 minutes on, and 5 minutes off. Repeat this during the first two hours after surgery. Do not use ice on the area after the initial 24 hours. After 72 hours, if the swelling gets worse, please give us a call.

### **DIET:**

If a 'periodontal dressing' was used on the surgical site, hot liquids, such as coffee, tea, and soup may soften the dressing and cause it to be less retentive. It is not uncommon for this dressing to come off during the week, and this should not cause alarm. If the dressing is lost, be cautious to avoid chewing in the area of the mouth where the surgery was performed. Have a well-balanced diet during this week. Softer foods such as steamed vegetables, pasta, cheese, eggs and yogurt will be easier to eat. Try to avoid spicy foods, as they will likely to irritate the surgical area.

### **HYGIENE:**

Do not brush the surgical site for the first week. Rinse your mouth very gently for the first day. Beginning the day after the surgery, you may rinse your mouth as often as you like using luke warm water mixed with salt (half cup of warm water with 1 tsp of salt, dissolved). If a mouth rinse was prescribed, use as directed.

Please give us a call if you have any questions or send us an email at:

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