



*A Reputation for Providing Comfortable and
Personalized Care in Cosmetic and Family Dentistry*

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CARE OF YOUR MOUTH FOLLOWING PERIODONTAL SURGERY

1. DISCOMFORT:

There may be discomfort following your surgical procedure. To help control the discomfort, **please take your pain medications, as soon as possible.** You can alternate between Ibuprofen and Tylenol. Eating prior to taking narcotic medications (such as Norco or Tylenol with Codeine) is important, to reduce the chance of nausea.

ANTIBIOTICS, IF WAS PRESCRIBED, MUST BE TAKEN AS DIRECTED UNTIL GONE.

2. SWELLING:

Swelling may accompany surgery. It may be partially controlled with ice packs, applied as soon as possible and continuing the first day. The ice packs should be applied for 20 minutes on and off. After 48 hours, warm moist compresses may be applied to help reduce swelling.

3. BLEEDING:

No rinsing or straws for the first 24 hours. Slight oozing of blood may occur for the first 24 hours. If excessive or continuous bleeding occurs, discontinue any rinsing and avoid exertion. Prolonged\ bleeding can usually be controlled at home by using a moist gauze or a moist tea bag. Apply ***firm*** pressure to the bleeding area for at least 10 minutes. Sleep on your back the first night.

**IF UNCONTROLLED BLEEDING OCCURS CONTACT OUR OFFICE IMMEDIATELY
(916) 726-1819**

4. RINSING & BRUSHING:

Rinse gently for 1 min with Chlorhexidine at day 5 after surgery nightly for 2 weeks. Gentle brushing and flossing may start after 24 hours in **non-surgical** areas.

DO NOT BRUSH OR FLOSS AT THE SURGICAL SITE UNTIL BEING INSTRUCTED BY YOUR DOCTOR

5. DIET:

Diet should usually be limited to soft food for 1 week. **It is important to maintain a good diet.** Nourishing and easy to eat foods include milkshakes, cottage cheese, yogurt, soup, ground meat, eggs. Diet supplements such as Meritene, Nutriment, Ensure, or like supplements, may be used for one or two meals. **AVOID HOT FOOD/DRINKS FOR THE FIRST WEEK AFTER SURGERY**, as this can cause bleeding. Also avoid spicy or acidic foods, and foods with small seeds especially popcorn or berry yogurts.

AVOID SMOKING OR ALCOHOLIC DRINKS FOR THE FIRST WEEK AFTER SURGEY

6. SUTURES:

Don't pull sutures or push on them with your tongue. If the sutures bother you, call the office after 5 days for instructions. Self-dissolving sutures will loosen and droop after few days, or pieces start to come out, don't worry. They are made to do that. Any sutures still there when you return for your post op visit, will be removed on that day if the healing is normal.

MOST IMPORTANT TO REMEMBER *

- 1) EAT AND TAKE PAIN MEDS ASAP
- 2) ICE PACKS ALL DAY
- 3) NO RINSING OR STRAWS TODAY
- 4) START PRESCRIBES RINSE AT 5 DAY AFTER SURGERY.
- 5) AVOID SMOKING OR ALCOHOLIC DRINKS FOR 1 WEEK
- 6) TAKE ANTIBIOTICS IF WAS PRESCRIBED.

IF ANY LIFE-THREATING EVENT OCCURS, CALL 911 OR GO TO A LOCAL HOSPITAL EMERGENCY ROOM