

## INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

- **You may experience swelling.**

This can be minimized by applying ice packs to your face as soon as you get home, 15 minutes on 15 minutes off, until the bedtime on the day of the surgery only. If swelling occurs it will be worse the day after tomorrow. The swelling reaches its peak about 48 hours after surgery and then it will gradually diminish.

- **You may experience bleeding during the first 12 hours after surgery.**

Do not be concerned if saliva appears slightly red. If there is some oozing of blood, **DO NOT RINSE**. A dry tea bag, applied with pressure, over the area of bleeding for several minutes may be helpful at stopping any residual oozing. If bleeding continues call the office.

- **You may experience discomfort.**

Take the prescribed medication as directed. Start at the first indication of discomfort. Do not wait until the discomfort becomes intense as you may then require a larger dose. Discontinue the medication if pain stops. Take it only as needed.

You may experience some, all, or none of the above. In any event, here are additional suggestions, which if followed, will make you more comfortable.

1. **Rinsing**. Do not rinse the day of surgery. You should rinse 2 times daily with the recommended mouth wash, *starting the day after surgery*. This rinse, in some cases, should be use for 4-6 weeks.
2. **Medications**. If antibiotics have been prescribed, take as directed until all the medication has been taken Discontinue only if you react unfavorably. If this occurs please call the office.
3. **Diet**. Have a soft diet today. Starting tomorrow, you may have a completely normal diet, but do all the chewing on the other side of your mouth.
4. **Dressing**. The dressing has been placed to make you feel more comfortable during the healing period. Do not disturb the dressing, but do not be alarmed if part or all of it falls off. The healing will progress nicely without the dressing in place. Just be sure to keep the area as clean as possible.
5. **Oral Hygiene**. Do not brush in the area of surgery, but you should brush and floss all other areas of your mouth.
6. **Smoking and Exercise**. Avoid excessive exertion or exercise for the next 24 hours. Also if can't quit completely, you should at least refrain from smoking for the first 24-48 hours to avoid interfering with healing process.

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