

Fetner & Hartigan, Periodontics

After Care Instructions for Periodontal Surgical Patients

You have now completed part or all of your periodontal surgical care. In order to assure a prompt and uneventful surgical recovery, it is extremely important that you follow the following recommendations.

General Considerations:

Immediately following surgery, COLD COMPRESSES or ice packs should be applied to the face over the area treated, leaving it on for 15 minutes, then off for 15 minutes. This should be continued for several hours, the day of surgery. ICE CHIPS are also beneficial. These should be allowed to melt inside of the mouth.

A periodontal surgical DRESSING may be applied around the teeth. This is placed for comfort, immediately after surgery. If the dressing should come loose, it generally does not need to be replaced. If you are uncomfortable, please contact our office.

There may be some MINOR BLEEDING after surgery, which is to be expected. If considerable bleeding occurs, sit down, relax, and apply a moistened tea bag over the area that appears to be bleeding. Apply constant pressure, without removing to examine, for at least 20 minutes. This will arrest 99% of bleeding problems. **Do not try to stop the bleeding by rinsing or spitting.**

You must avoid SMOKING, drinking through straws, and spitting after surgery. All of these actions create negative pressure, which may promote bleeding and impair healing.

You should BRUSH and FLOSS all areas not surgically treated, as usual. A toothbrush, softened under warm water (without toothpaste), may be used to clean the exposed tooth surfaces and dressing in the surgical field.

Avoid any strenuous work or play for the two days following the surgery.

Medications:

You may be given a PRESCRIPTION for discomfort. This medication should be taken as soon as possible and continued for at least the first day. After the first day the medication should only be used if needed.

Sometimes an ANTIBIOTIC is given to prevent post-surgical infections. If you were prescribed this medication, it is imperative that you take ALL of the medication over the prescribed period of time.

If you notice any unusual side effects such as a RASH, ITCHING or DIFFICULTY BREATHING or you believe you are experiencing an allergic response stop the medication immediately and call the office.

Eating:

Cold food and liquids are suggested on the day of the surgery. Cold and warm foods are acceptable after the day of surgery. It is very important that adequate nutrition is maintained to aid in proper healing and to minimize stomach irritation from medications.

Foods that supply nourishment with little or no chewing: milk, cereals, ice cream, broth, baby foods, gelatin, soups, juices, bread, eggs, yogurt, banana, ground meat, soft chesses, cottage cheese, mashed potatoes, custard and pudding, malted milk and shakes.

Please call the office if you have any concerns or problems. We have a 24 hour answer service. 904-296-8343