

# Champlain Periodontal

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## POST-OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

**Discomfort:** Some discomfort is expected and is usually controlled with over-the-counter medications such as Advil or Motrin (ibuprofen). 600mg (three tablets) of ibuprofen every six hours is recommended. Discomfort usually resolves shortly after the sutures have dissolved (3-5 days). If you feel you need additional pain medication please contact our office.

**Swelling:** Swelling of the face sometimes occurs. Apply an ice pack wrapped in a towel to the outside of your face immediately after surgery and continue, 20 minutes on and 20 minutes off, throughout the day and evening. Elevate your head with extra pillows following your procedure. Sipping ice water or iced tea is helpful to maintain a cool mouth temperature and increase fluid intake. Do not use a straw for several days, as this creates a suction in the mouth and may increase bleeding.

**Bleeding:** You will likely experience some oozing of blood following surgery. A small amount of blood in saliva is normal and does not require attention. If you experience active bleeding, locate the source of the bleeding and apply uninterrupted pressure with a moist gauze or tea bag for twenty minutes. If bleeding continues while applying pressure, relocate the position of pressure application. If bleeding does not stop with pressure, please call our office.

**Oral hygiene:** You may begin gentle brushing of the surgical area after one week, unless a bone graft has been performed. In all unaffected areas, continue your normal home care routine.

**Bone grafting:** If a bone graft was performed, you may notice a “gritty” or “sandy” feeling in your mouth for several days after your procedure. This is excess graft material and does not indicate a problem. Sutures placed during this procedure typically dissolve more slowly, over 5-10 days. Do not brush or floss in this area until after your post-operative visit.

**Diet and nutrition:** A very soft to liquid, cool diet is recommended for the first few days after your procedure. Avoid hot foods or drinks for the first 24 hours to limit bleeding and inflammation. Suggested foods for immediately after surgery: Jello, ice cream, milkshakes, yogurt, applesauce, protein shakes. Later, as tolerated: soft foods such as pasta, scrambled eggs, soups, mashed potatoes, cooked vegetables. Avoid crusty, crunchy, seedy or hard-to-chew foods until after your post-operative visit.

Please call our office with any questions or concerns. If the office is closed, please call Dr. Huber at 288-8003 or 373-9861.