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POST OP INSTRUCTIONS AFTER PERIODONTAL THERAPY

___ Numbness: The mouth can stay numb for over 4 hours, and in rare occasions into the next day. Avoid biting or chewing while numb.

___ Bleeding: Some bleeding following surgery is normal. Apply firm pressure to the area with moist sterile gauze for 20 minutes. If the area continues to bleed, apply pressure with a fresh moist tea bag for 20 minutes. If profuse bleeding occurs or continues, reapply pressure and call the office. Avoid strenuous exercise/physical activity for at least 24 hours. Blood thinners can normally be continued the day after the procedure.

___ Diet: Drink plenty of cold fluids the first day to prevent dehydration. Cold soft foods (smoothies, milk shakes, ice cream, pudding, yogurt, jello, applesauce, etc) are recommended the first day. The second day, continue a soft diet (soups, mashed potatoes, cooked vegetables, pastas etc). Chew on the untreated side for 4 weeks after the procedure. Avoid hard crunchy foods such as nuts, sunflower seeds, popcorn, chips, etc on the treated area(s).

___ Swelling: Sip on ice chips the first day. Use a cold compress for the first day (10 minutes on and then 10 minutes off) to decrease swelling/ bruising. Cold therapy will significantly help with discomfort. Keep head slightly elevated the first day. It is not unusual to have swelling peak on the 3rd to 4th day.

___ Brushing: To promote healing, practice good oral hygiene. For the first week, only brush the untreated area(s). You can brush the tops of the teeth in the treated area. In 1 week, begin lightly brushing the treated area(s) with an extra soft bristle toothbrush. After 4 weeks, you can begin using an electric toothbrush in the area and flossing normally. Do not use Waterpik/water irrigators in treated area for at least 2 months after procedure.

___ Mouthwash: The first 1-2 days, lightly rinse with the mouth rinse that was sent home with you the day of treatment. After the initial 1-2 days, rinse normally 2 x a day until the mouth rinse is gone.

___ Sutures: Sutures (stitches) were placed to help control bleeding and promote healing.

___ will dissolve and do not need to be removed or

___ will need to be removed in ___ weeks

___ Follow instructions given on antibiotic if prescribed. Make sure to take the entire antibiotic until gone. If prescribed Naproxen, take every 12 hours as needed. You can take Tylenol with other medications if needed, up to 3000mg per day.

___ If a sinus lift was completed, no sneezing through the nose or blowing the nose for 5 days. On rare occasions a nosebleed can occur. Please call the office if this does occur.

Do not hesitate to call the office if you have concerns, 316-683-2525.