

Instructions for Home Care Following Periodontal Surgery

- Before your surgery, we used a local anesthetic to thoroughly numb the area we treated. This numbness in your lips, teeth, gums and tongue might last for several hours after the procedure. To prevent damage to these areas, avoid any chewing until the numbness has completely worn off.
- Apply an ice pack – 20 minutes on, 20 minutes off – for 6 hours following surgery to decrease pain and swelling. Keep your fingers and tongue away from the affected area of your gums.
- Do not rinse your mouth the day of the surgery. Rinse gently with mouthwash or a warm salt water solution 24 hours after surgery: Dissolve one teaspoon of salt in one cup of warm water, and gently swish, then carefully spit. Three times per day is sufficient.
- It's normal to experience some discomfort for a few days following surgery. To avoid nausea, don't take pain medication on an empty stomach.
- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.
- Nourishment is important to the healing process, so eat once the numbness has worn off. Limit your diet to soft foods like yogurt, soft soups, ice cream, or soft-cooked eggs for the first 48 hours.
- Drink at least eight large glasses of water or fruit juice each day.
- At night, keep your head elevated with pillows to control bleeding. We will give you a supply of gauze sponges to place over the bleeding area; change as necessary, and use until the bleeding stops completely. You can also bite gently but firmly on a moist tea bag for 20 minutes. Call our office if bleeding persists or increases.
- Continue cleaning the other areas of your mouth, brushing and flossing at least twice a day as you would normally.