

## Post Operative Instructions

# Post Op Periodontal Surgery Instructions

**Bleeding:** If there is bleeding, place gauze over site and bite down lightly, or hold gauze with fingers against the area of bleeding. Pressure stops bleeding. Replace gauze if heavy bleeding continues. Some slight bleeding is normal for the first day. If heavy bleeding continues after two gauze applications, bite on a wet tea bag for one hour. It is not uncommon to see some small white particles in the mouth, especially in the area of the graft.

**Spitting:** Avoid spitting out or sucking motions such as smoking or drinking through a straw. This can dislodge the blood clot, which is the first step in healing.

**Rest:** Avoid physical exertion, exercise or any activity that may increase your blood pressure for at least the first 24 hours.

**Smoking & Alcohol:** Smoking should be avoided for the first 24 hours, but remember smoking increases the rate of implant failure. Alcoholic beverages should be avoided for 48 hours and as long as medication is being taken.

**Rinsing:** Starting the day after surgery with chlorhexidine use as directed as well as gentle rinsing with warm salt water (half a teaspoon of salt in an 8oz glass of water) is advisable 3 to 4 times a day for 30seconds.

**Oral Hygiene:** On the first day, brush and floss avoiding the teeth adjacent to the area of surgery. Some minor bleeding in this area following brushing is common. Remember- clean teeth promote faster healing. From the second day, start gently brushing and flossing the teeth adjacent to the surgery. Continue doing this more and more thoroughly each day after.

**Swelling:** Some minor swelling is normal. You may be instructed to apply ice for the first 5 hours to help minimize swelling. Apply ice on the outside of the face (in a plastic bag wrapped in a face cloth). Alternate this application of ice for 10 minutes on and a rest period of 3 minutes off.

**Medication:** If medication has been prescribed for you, take it as directed. If the medication does not seem to be working, do not increase the dosage, please contact this office at (321) 751-7775. If needed, Ibuprofen is a good choice for pain relief. You can take up to 3-6 tabs (600-800mg) every 4-6 hours as needed.

**Complications:** If you have any problems with swelling, pain, or bleeding please call this office. Dr. Edwards may be reached by calling his home/cell phone after office hours:  
Home-(321) 213-6930  
Cell phone-(321) 243-1459