

## INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. Do not eat or drink for two hours following surgery. If you would like to take a drink of water to take pain medicine, this is fine. If you are a diabetic, eat as needed.
2. Avoid smoking, straws, alcoholic and carbonated beverages for 48 hours.
3. Avoid eating hard, tough, or rough foods such as raw vegetables, chips, hard candy. Avoid foods that have small kernels, seeds, or shells such as popcorn, strawberries, peanuts. It is best to avoid chewing at the surgical areas.
4. If front teeth have had surgery, do not bite with your front teeth. Cut food up and use a fork.
5. Excessively hot or cold beverages and foods may cause some discomfort at the surgical site.
6. Do not brush or floss the surgical site for the first week, unless indicated otherwise from your doctor. All other areas of the mouth should receive normal oral hygiene. After the first week follow instructions from your doctor.
7. If you have been given a prescription mouth rinse, start using it as prescribed the day following your surgery. Use it until instructed to stop, which will usually be a few weeks after surgery.
8. If a periodontal bandage (a pink, gummy material) has been placed, do not move or dislodge it. However, if the bandage falls off on its own, this is not a concern.
9. If a stitch comes loose during the first 48 hours call and let the office know. Likely nothing needs to be done, but check to make sure. If it is after the first 48 hours, you do not need to call.
10. Slight amounts of discomfort and swelling are normal and to be expected following surgery. If the pain becomes severe, in spite of medication, or you experience an unusual amount of swelling, call and let the doctors know.
11. Signs of infection include unusually large swelling, often with a hard knot, severe pain in spite of medication, fever, and bad taste in the mouth. Call if you note any of these.
12. If you should experience swelling of your throat or difficulty breathing, or anything else life threatening, call 911 or go to a hospital emergency room immediately.
13. Light bleeding and “oozing” of blood for the first 24 hours following surgery is normal. Thus, you will likely taste blood in your saliva. If bleeding becomes heavy, take the following steps:
  - a. Hold a moist piece of gauze or a moist tea bag (tea bag is better) with very firm pressure directly over the bleeding site for at least 15 minutes.
  - b. If bleeding continues, please call the doctors.
14. Sleep with an extra pillow the first night following surgery.
15. To help limit swelling, you may wish to rest an ice bag on the outside of your cheek over the surgical site. Do this for a few hours, using alternating increments of 15 minutes on and off.
16. Do not engage in strenuous or heavy physical activity for the first week following surgery.
17. If you have had a soft tissue gum graft, be very gentle with the graft site. You must not pull the lip or cheek out to look at the graft site, **AS THIS CAN CAUSE FAILURE OF THE GRAFT**.
18. If you have been given a palatal appliance to wear following surgery, keep it in for at least 7 days. After this first 7 days, wear only while eating for an additional 7 days, and then as directed by your doctor.
19. Take any medications as prescribed. If you are taking an antibiotic and are on birth control pills, you must use another form of birth control, as the antibiotic will interfere with the effectiveness of your birth control pill.

Emergency Phone Numbers: Office: (913) 894-9962  
Home: (913) 262-8614  
Other: (913) 484-3676 or 579-3676

\*If you have been instructed by your doctor to use Ibuprofen for pain management, you may use the following dosage: 400-800 mg every 6 hours as needed for pain.

\*Tylenol (acetaminophen) dosage should not exceed 4.0 g or 4000 mg in a 24-hour period.

\*If you have been instructed to use another pain medicine other than Ibuprofen or Tylenol, please follow those instructions, as some of your current medications may be contraindicated with Ibuprofen and Tylenol.