

Post-Operative Instructions Following Periodontal Surgery

GENERAL INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING PERIODONTAL SURGERY

1. Remember, you have just had an operation. Do not over-exert yourself; reduce your activities for several days.
2. For the first 24 to 36 hours keep the area where the surgical procedure was performed surrounded by as much cold as possible. This is accomplished by:
 - a) Placing an ice pack on the outside of the face on the surgical side for 10 minutes and then discontinue for 10 minutes. Repeat this procedure as much as possible during the first 24 hours.
 - b) Restrict diet to cold temperature liquids and soft solids (jello, ice cream, egg salad, tuna salad, etc.) for the first few days.
 - c) Avoid any hot liquids (coffee, tea, soup) for the first 24 hours. Hot liquids could soften the bandage.
3. The area where the surgery was performed is covered by a bandage. This putty-like covering will harden to a fairly firm consistency and should stay in place until your next appointment (usually 2 weeks). If the bandage comes off prematurely, not to worry...simply start the prescription mouth rinse at that time.
4. Do not try to clean the teeth covered by the bandage but do clean the other teeth not covered by the bandage.

EXPLANATION OF SYMPTOMS THAT MAY OCCUR

Pain

Discomfort will follow after the anesthetic wears off. The pain medication prescribed should be taken as directed as soon as you get home. Do not wait to see if you need it...you will. If the medication is not strong enough to alleviate your discomfort, please call the office and we will assist you. Do not drive or operate machinery when taking pain medication.

Swelling

Swelling of varying degrees should be expected. This is nature's way of beginning the healing process. It is usually seen on the 2nd or 3rd day and begins to disappear on the 4th day.

Black and Blue Marks

Black and blue marks on the face are caused by bleeding, internally, into the cheeks and chin. This appears first as swelling but after the second or third day it may discolor the face yellow, black or blue. It will gradually disappear in a week to ten days.

Bleeding

1. Some degree of oozing is to be expected during the first 24 hours. If it persists or increases in severity, try to identify the source of bleeding and apply direct pressure. Apply direct pressure with a soft absorbent material (gauze, tissues), which has been moistened, then squeezed out to a damp feeling. Hold this against the bandage for 15 minutes by the clock. If this doesn't stop the bleeding, try again. Hold this way for 20 minutes by the clock.
2. It also helps to stop bleeding if you lie down with the head elevated on several pillows. Apply an ice bag or cold compress to the cheek on that side and minimize talking.
3. If these measures do not succeed, please phone the office (813-684-8085) or call Dr. Wendt on his cell phone (813-294-2815) if this occurs after office hours.

Thermal Sensitivity

You may experience sensitivity to cold, hot, and/or sweets after the bandage is off due to a change in the position of the gum tissue. This is normal and will resolve in about three to four weeks. There are procedures we can do to aid the desensitizing process in the event it does not resolve after the appropriate amount of healing time.

Emergency Contact after Hours- Dr. Wendt's Cell (813) 294-2815