

AFTER PERIODONTAL SURGERY

*****FIRST 24 HOURS*****

- RELAX Reduce your activity following surgery. Plan to rest at home the remainder of the day of surgery and the following day if possible.
- TOBACCO Do not smoke following surgery. Tobacco smoke is an irritant to healing tissue. Refrain from smoking as long as possible.
- DISCOMFORT Following surgery, you can expect some discomfort. If pain medication is prescribed, take as directed.
- SWELLING Swelling may be expected. It will go away in 3 or 4 days. To reduce the chance of swelling apply cold packs to the outside of face—15minutes on then 15 minutes off—alternating as much as possible for the first 24 hours.
- BLEEDING There may be some bleeding in you mouth following surgery. The ice pack will minimize bleeding. Avoid spitting, rinsing or sucking-it may disturb the clotting and cause bleeding. If bleeding persists, dip a tea bag in ice water and apply firm direct pressure against the affected area for fifteen minutes. If bleeding continues call Dr. Miller, Dr. Bounds, or Dr. Somerville.
- EATING Eat cold soft food on the day of the surgery.
- BRUSHING You may gently brush the biting surface of the teeth involved in the surgery. Do not floss the teeth in the surgery area. Do not use electric toothbrush in surgical area until instructed to.
- DRIVING If IV Sedation was utilized, **DO NOT DRIVE FOR 24 HOURS.**

***** AFTER 24 HOURS *****

- MOUTH CARE Stop using cold packs. Use warm cloths on your face.
- EATING Stay on a soft but balanced diet. Do not eat hard, chewy or spicy foods. You may wish to use a blender to liquefy foods.
- AFTER MEALS Rinse your mouth gently with warm salt water after each meal.
- MEDICATION If antibiotics are prescribed, take them as directed until they are all gone. If allergic reaction and/or nausea develops, discontinue the antibiotics and call the the office. Take pain medication with milk, juice or a full glass of water. Never take pain medication on an empty stomach.
- MOUTH RINSE If you have been prescribed Peridex mouth rinse be sure to rinse twice daily AM & PM-until the bottle is empty. One 16oz. Bottle will usually last 2-3 weeks. Do not rinse more than twice daily, as it will cause temporary staining of your teeth.
- ACTIVITIES You may return to your regular schedule, but avoid strenuous activities for 1 week.
- SENSITIVITY Some cold sensitivity can be expected and usually subsides with time. A desensitizing toothpaste (i.e. Sensodyne, Denquel) may be recommended if problem persists.
- PROBLEMS? If any problems arise, do not hesitate to call Office-857-1053
Dr. Miller's home 949-791-2588 Dr. Bound's home 949-858-8303
Dr. Matt Somerville's cell (805)795-8383
- CHEERS We wish you a fast and complete recovery
- RX Advil 600 mg given at _____
Then take 400 mg every 4 hours

DATE: _____

SURGICAL ASSISTANT: _____