

Periodontal Surgery Post-Operative Instructions

DAY OF SURGERY: Physical exercise (running, aerobics, biking, weight-lifting, etc.) increases blood flow to the surgical site and promotes post-operative bleeding. Therefore you should avoid all unnecessary physical activity for the remainder of the day of surgery. On the second day you may resume your normal activities with the exception of heavy exercise.

PAIN: You may have moderate discomfort after anaesthesia disappears. This discomfort may last for a day or two. Ibuprofen (such as Advil) or other ANTI-INFLAMMATORY or pain medication may provide adequate control of the remaining pain (600mg of Ibuprofen every 6 hours). Aspirin and aspirin compounds interfere with blood clotting and are often associated with bleeding problems, and therefore are not recommended. Sometimes antibiotics are prescribed after surgery to avoid post-surgical infections in compromised patients. Please take all medications as prescribed and follow exactly the instructions given on the label.

BLEEDING: Do not be concerned if traces of blood are noted in the hours after days as disruption of the clot may occur. If you experience heavier bleeding from the surgical site apply damp gauze or a wet teabag to the area to absorb any oozing coming from the area. If you still are experiencing problems after 30 min, please call your surgeon.

ORAL HYGIENE: Meticulous oral hygiene (brushing, flossing, etc.) should be continued in all areas of the mouth ***EXCEPT*** in the area of surgery. Chlorhexidine rinse may be prescribed for you to make your oral hygiene easier after surgery. Please follow the instructions given. Salt water rinses also will help heal the surgical site. You can do this up to 3-4 times a day with a ratio of 1 cup of water: 1tsp of salt.

NUTRITION: Maintain your normal diet after surgery. You can chew on the opposite side of the mouth. Avoid chewing on the surgery site. Avoid extremely hard, crunchy acidic or spicy foods until your post-operative appointment. For 2 days post-surgery, you should also stick to more lukewarm temperatures rather than steaming hot and avoid the use of straws.

SWELLING: In some areas, swelling is to be expected. To help alleviate this, ice packs may be applied to the outside of the face over the area of surgery ½ hour on, ½ hour off, for the first 3 or 4 hours. Ice cubes in a plastic bag work nicely as an ice pack. If swelling continues, it may be an indication of bleeding or infection at the wounded area, in which case you should call your surgeon.

SUTURES: Depending on the type of surgery you had, either dissolving or non-dissolving sutures were place. Non dissolving sutures must be left in place until we see you at your first post op where your surgeon will make the decision to either remove them at that time or keep them in for another few weeks. Most dissolving sutures that are used last from 5-10 days where some last up to 4 weeks. If you feel at any point that the sutures are becoming very loose and/or bothersome, please do not hesitate to call your surgeon. If the sutures become loose too soon after surgery, this could be critical to how your healing goes.

PERIODONTAL DRESSING (PACK): Periodontal dressing is sometimes used after surgery to cover the surgical site and keep the gum tissue down for healing, or secure gingival grafts against the root to surface. The material that you feel around your teeth is the dressing. It will become firm in about an hour and should not be disturbed while it is setting. It should remain in place until your next appointment when it will be removed. Small particles of the dressing may chip off, but this is of no consequence unless it causes discomfort. Please do not brush the area with the dressing. If the periodontal dressing should come off or become loose prior to your next appointment, please call your surgeon

ALCOHOL: Alcohol intake should be limited in the first 4 days of healing post-surgery. Moderate to excessive drinking should be avoided at all costs to minimize bleeding and bruising problems.

SINUS GRAFTS: Due to repositioning your sinus membrane, it is crucial not to have any pressure applied to the sinus area. Please follow the directions from the over the counter antihistamines and nasal sprays that was prescribed to you by your surgeon. Try to avoid blowing your nose very forcefully and more just dab the area if needed. If you need to sneeze, please let the sneeze out and try your best not to hold it in. This allows pressure in your sinus cavity and the materials could be dispersed. Also, nose bleeds can be common post-surgery. If this occurs, apply pressure by squeezing your nose between your eyes and bending your head between your legs until the bleeding ceases. Contact your surgeon if this matter does not resolve after 30 min.

**Please do not hesitate to call if any problems arise
Dr. Brent MacDonald
(403) 875-0464**