

Self-Care Following Your Periodontal Surgery

PAIN CONTROL

-Discomfort is best controlled with 800mg of Advil or Motrin (Ibuprofen) every 4-6 hours as needed.

If you cannot take Advil or Motrin, 650mg of Tylenol every 4-6 hours may be used instead.

BLEEDING

-Some pinkness in saliva is normal for the first day. If there is bleeding, apply a piece of moist gauze or a black tea bag with pressure for 30 minutes.

INFECTION

-If you are prescribed an antibiotic and/or a rinse, please use as directed.

SWELLING

-Swelling and bruising may be expected and may last up to a week.

-Ice may be applied 10 minutes on, 10 minutes off during the first few hours.

DOs

-DO eat a soft, healthy diet (mashed potatoes, yogurt, soup, etc.) for the first week.

-DO keep head elevated and rest for the first day.

DON'Ts

-DO NOT eat hard, crunchy foods (apple, popcorn, nuts, etc.).

-DO NOT drink from a straw for the first 48 hours.

-DO NOT brush and floss in the surgical area until your surgeon tells you it is ok.

-DO NOT smoke for at least 48 hours following surgery.

-DO NOT bump or pull on your lip at the surgical area.

OTHER

-If you have a denture, plate, partial or flipper, ask your surgeon if you can wear it following surgery.

-Warm salt water may be used as a rinse, but do not spit forcefully.

- After treatment, proper oral hygiene must be maintained in the surgical area to aid in healing. The prescribed rinse takes the place of brushing in the surgical area for the first week. Brush everywhere else like normal. After one week, carefully brush the teeth in the surgical area while avoiding the gums in the area of surgery.

CONTACT THE OFFICE IF:

-You have a lot of bleeding that you can't stop

-You have severe pain not controlled by medication

-You run a fever, see pus or have a bad taste in your mouth

During office hours:

**Community Dental Care of Claremont
(603) 287-1300**

After hours:

Call 911 or go to an emergency room for an emergency