



*Festina Lente*

## **Integrative Periodontology and Implant Center**

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### **PERIODONTAL SURGERY POST SURGICAL INSTRUCTIONS**

**GENERAL INSTRUCTIONS:** Today, rest as much as possible with your head elevated. No vigorous exercising for three days. No vigorous rinsing, drinking through a straw, or spitting for three days so the blood clot will not be disturbed. Do not pull back on the lips or cheeks to look at the area as this can disturb the surgical site and increase complications. Do not use tobacco products or drink alcohol as these will delay healing.

If a periodontal pack has been placed in your mouth, do not remove it. The pack should remain in place for one week. If the pack comes off before this time it is not an emergency, but please notify us.

**BLEEDING:** Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs, place a wet teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.

**FOOD:** Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning. Do not eat by the surgical area for one week. Soft nutritious foods will be necessary for the first few days. Avoid acidic or crunchy foods. Drink plenty of fluids.

**SWELLING:** Swelling can be lessened by placing a cold compress on the face alternating in and off for 20 minutes during the first 72 hours.

**MEDICATIONS:** Take all medications the doctor has prescribed for you according to directions

**ORAL HYGIENE:** After the periodontal treatment, proper oral hygiene must be maintained in the surgical area to aid in healing. Starting 24 hours after surgery, gently rinse your mouth with  $\frac{1}{4}$  teaspoon salt in 8 oz. of warm water three times a day.

After one week, carefully brush the teeth while avoiding the gums in the area of surgery. The gums and lower parts of the teeth should be cleaned with a dampened piece of cotton. Gentle flossing can be resumed in 2-3 weeks. Regular brushing can be resumed after three weeks.

**TOOTH SENSITIVITY:** After periodontal surgery, sensitivity of the teeth may occur. This is remedied by maintaining proper oral hygiene and by the use of specialty formulated sensitive toothpaste, such as Sensodyne.

**FOLLOW-UP:** Return for your appointment to have the periodontal pack and any sutures removed. If the sutures loosen or come out within three days, please inform the office.

If you have any questions or concerns, please don't hesitate to call us at (360) 775-4437.  
If you have any questions or concerns after hours, you may call Dr. Petrov at (425)218-3388.