

## **Instructions for Care Following Periodontal Surgery**

To maximize the chances for a successful surgery, we recommend you do not manipulate your mouth. Minimize your talking and do not pull your lips or cheeks to observe the surgical area. The key is to keep your mouth at rest as much as possible.

**Rest:** Lying quietly with your head elevated is recommended for the remainder of the day. Please limit your physical activity. Always get up slowly from a reclined position. Treat yourself as if you have a cold or flu. We want your resistance to be as high as possible to encourage rapid healing.

**Medication:** If necessary, Dr. Manji or Dr. Faucher will have prescribed medication to be taken for relief of discomfort. The instructions for taking this medication will be on the bottle. Please follow them carefully. If you do not have any contraindications for the use of NSAID medications, it is strongly recommended that you take Advil/Motrin/Ibuprofen for the first 48 hours even if you are not experiencing any discomfort to minimize swelling. You can continue using these medications for the first week.

**Sutures:** The stitches may be a combination of absorbable and non-resorbable. Do not tug or pull on them; the periodontist will remove them when optimal healing is achieved.

**Periodontal Pack:** When necessary, a surgical dressing is applied over the sutures on the cheek side to protect the area. Small particles of the dressing may chip off, but this is of no concern unless it causes discomfort. If the periodontal dressing should come off or become loose apply slight pressure to place back or remove it completely. These packs can last from 24 hours to a few days.

**Bleeding:** Some slight seepage of blood is expected. Apply pressure with 1-2 pieces of wet gauze, with constant pressure for 5-10 minutes if this occurs. Extensive bleeding should not occur, but in an emergency apply pressure with a moistened tea bag for 20 minutes to the bleeding area. If you have any concerns, please call our office or after hours number.

**Swelling:** Some swelling often occurs and this is normal. You can minimize the swelling (and consequently the pain) by placing an ice pack on the outside of your face in the area of the surgical procedure. Hold the ice pack on for 15 mins, then off for 15 mins, for the 24 hours. Do not use heat on your face for the first 24 hours and avoid hot drinks or hot foods. If excessive swelling or pain occurs, please call us.

**Rinse:** If you were given a prescription for Peridex, you may start using the antimicrobial mouth rinse the day after surgery. You should rinse with it two times per day, after breakfast and before bed. Additional salt water rinses after each meal can be done in between the Peridex. 1TBS salt & ¾ glass of warm water. You should only gently move the liquid in your mouth, no vigorous swishing. If your pharmacy cannot provide Peridex, rinse with a hydrogen peroxide 3% diluted 1:3 with water. Ex: 1/3 cup hydrogen peroxide + 2/3 cup water. Rinse 2-3 times day for 1 minute and spit out.

**Oral Hygiene:** Meticulous oral hygiene should be continued in all other areas of your mouth, but do not brush or floss the surgical area or the adjacent teeth. Gentle rinsing after meals and before bed will be sufficient in the surgical area. A Q-tip dipped in the mouth rinse can be used to gently clean the surface of the surgical site and the adjacent teeth. Use Vaseline at the corners of your mouth to prevent drying and cracking.

**Nutrition:** It is very important to maintain an adequate diet after surgery. Drink at least eight glasses of fluids per day. You can chew on the opposite side of the mouth. Eat foods that supply nourishment with little (if any) chewing necessary for swallowing (broths, soups, mashed potatoes, eggs, puddings, smoothies, milkshakes, etc) for the first few days, and slowly work up to more firm foods. Avoid anything too hot, spicy, sharp, hard or crunchy. Avoid the use of straws. Food supplements (Ensure, Boost, etc) are recommended if you have difficulty obtaining an adequate diet.

**Smoking:** We suggest you avoid or minimize smoking for it tends to dry out the oral tissues. Thus acting as an irritant, and it can delay healing and may encourage bleeding.

**Alcohol:** It is very important that you avoid alcohol as it can mix with the medications you are taking and cause a severe over-reaction. Alcohol can also act as an irritant and delay healing.

**Problems:** Occasionally minor complications may occur. Please do not hesitate to call our office with any questions (day or night).

**Laser:** Please remember not to brush the teeth in the area of the laser work for 1 full week. And nothing hard or crunchy on the teeth worked on till Dr. Manji confirms healing. Nothing under the gum tissue for the next 6 months while the bone heals i.e.: floss, picks, dental instruments, or other hygienists instruments if you see another clinic for cleanings.

### **Week Following Surgery**

**Activities:** Resume normal activities, unless otherwise instructed.

**Swelling:** if you still have swelling or bruising you can use a warm compress 15 mins on, and off.

**Oral Hygiene:** Gently brush and floss all areas of where surgery has not been performed.

**Nutrition:** You can resume a normal diet, please avoid chewing on the side of the surgery.

**Laser:** Six months of healing, nothing under the gum tissue!

**Our office number is 604-532-1080**  
**In an Emergency, please call Dr. Manji 778-387-3727 or Dr. Faucher 778-836-7322**