



PERIODONTAL POST-OPERATIVE INSTRUCTIONS

You have just had periodontal surgery and as in any other surgical procedure of the body, complete rest for the next 24 hours will help ensure early, comfortable and complete healing. Depending on the complexity of your surgery, we may advise an even longer rest period. This is the time to be good to yourself. You deserve it!

1. *COMFORT*

When the anaesthetic wears off, some discomfort is to be expected; in the majority of cases, this is not great but occasionally, it can be considerable. This usually lasts for 3 - 4 days and can be controlled by taking the prescribed medication. Should this NOT be sufficient, please contact our office.

2. *BLEEDING / DRESSING*

The dressing covering the operated area acts as a bandage to protect the area and at the same time keeps you comfortable. Slight bleeding may occur for a few hours but this is of minor consequence. You can carry on with your normal activities but AVOID vigorous exercise for the next 24 hours (vigorous exercise raises the blood pressure and can promote bleeding). Should bleeding still be present 24 hours after the operation, please contact the office.

3. *SWELLING*

Swelling or discolouration of the face can usually be prevented by applying an ice pack (a "baggie" filled with ice and wrapped in a towel or a bag of frozen peas works nicely) or a cold moist towel to the face for about 15 minutes every thirty minutes for the first few hours following surgery.

4. *LOSS OF DRESSING*

Care should be taken to avoid eating on the side of the mouth where the dressing is placed otherwise it may be dislodged and become tender. Should this occur, there is no reason to panic, contact the office and the dressing will be replaced. In the meantime, rinse *gently* with warm water and use some throat lozenges: these will ease the tenderness until the dressing can be replaced. Unless you are instructed otherwise, NO damage will occur without the dressing - just discomfort.

5. *ORAL HYGIENE*

Keep the rest of your mouth as clean as possible the way you have been shown, but DO NOT brush the dressing area. It is best not to touch the area for one week following the procedure. You will be given a bottle of Chlorohexidine to use for the week following the surgery. Use as directed on the bottle but avoid rinsing vigorously. DO NOT use mouthwash. The chlorohexidine can cause some staining. Do not worry. The stains will be removed at your post-op appointment.

6. *DIET*

DO NOT go on a diet. Be sure you consume plenty of milk products, meats, vegetables and citrus fruit. Proper nutrition is essential for rapid wound healing. Avoid eating on the treated side, if possible.

8. *FUTURE APPOINTMENTS*

It is important that you return to the office in a week so we can check the healing and remove any stitches, if necessary.

If you have any questions, or in the case of severe pain, excessive swelling, bleeding or fever, please call Dr. Brown (work: 416.922.9040 ; after hours 416.993.1506) or email smile@drlbrown.com