

# Periodontal Surgery

## Homecare:

Now that you have had periodontal treatment on your gums, it is important to follow these recommendations to speed healing.

### **Chewing and Eating:**

- If we used anesthetic during procedure, avoid chewing until numbness has worn off.
- Do not eat anything for at least 2 hours following surgery.
- For first 48 hours select a soft diet until you can chew comfortably.
- Avoid alcoholic drinks and hot spicy foods until gums are healed.

### **Tobacco Use**

- Do not use any tobacco products for at least 72 hours because tobacco slows healing.

### **Brushing and Flossing**

- Brush and floss the non-treated areas normally.
- Clean the treated areas by gently rinsing with warm water or mouthwash.
- Avoid frequent or vigorous rinsing until area has healed.

### **Medications and discomfort**

- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It is normal to experience some discomfort for several days.
- DO NOT take pain medications on an empty stomach or you may experience nausea.
- To further reduce discomfort or swelling, rinse your mouth three times a day with warm salt water. Use a pinch of salt per glass of warm water.

### **Controlling Bleeding**

- Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery
- Some slight bleeding is normal for a day or so following the surgery.
- If bleeding persists apply firm pressure with a gauze pad or bite on a clean, moist tea bag for 20 minutes. If this does not work call the office.

### **When to call us**

- Call our office if bleeding, swelling, or discomfort increases or continues beyond 3-4 days
- Call if you have any questions or concerns