

# After Periodontal Surgery

## **Surgical bandage**

We applied a surgical dressing to your surgical site to keep it protected and comfortable. Keep it stable in your mouth until your post-operative visit. It is normal for small pieces to chip off. Clean the exposed areas with 3% hydrogen peroxide, diluted 50% with water. Use this mixture as a mouth rinse. If large areas of the surgical dressing are lost, please contact us immediately.

## **Swelling**

You may experience minor swelling after surgery. To help minimize it, place an ice pack outside the surgical site at intervals of "20 minutes on/10 minutes off" for the next 24 hours. At the end of this period, use warm salt-water rinses four or five times a day.

## **Discomfort**

It is not unusual to have a certain amount of discomfort for a day or two after surgery. We will give you prescriptions for medications that will help your discomfort. Please take these as directed, with food. If the affected area is sensitive, you may want to drink a milkshake or liquid dietary supplement.

## **Bleeding**

You will notice a small amount of blood in your saliva, as well as an increase in saliva, in the first few hours after surgery. If you experience excessive or continuous bleeding, please do the following:

1. Rest in a reclining position with your head elevated.
2. Squeeze a moistened tea bag in a glass of ice water. Hold the iced tea mixture in your mouth for one-minute intervals for a total of five minutes.
3. Try not to spit the tea rinse from your mouth. If the bleeding continues, please call our office during business hours, or call our emergency number after hours.

## **Oral Hygiene**

Do not brush your teeth on the day of your surgery. On the day after surgery, lightly brush the exposed surfaces of your teeth, as well as the areas not covered by surgical bandages. The surgical bandage may be brushed ever so gently, just to remove outer debris. The bandage should be cleansed by rinsing with a mixture of 3% hydrogen peroxide, diluted 50% with water.

