

## POST-PERIODONTAL SURGERY INSTRUCTIONS

Post-surgery complications may include bleeding, infection, swelling, pain, bruising of the face, and infection. **Risk of these complications can be minimized if these instructions are followed, in combination with following the medication regimen prescribed for you.**

- You will be tired and probably somewhat sore following your periodontal procedure. Therefore, it is helpful to schedule your surgery on a day/time when you can obtain rest afterward. Your healing will also be optimized.
- **If you smoke, do not smoke for at least the first week following surgery- your chances of having post-surgery complications and infection are very much increased.** Planning ahead for the least a week of smoking cessation is encouraged.
- An antimicrobial mouthrinse may have been prescribed for you. If so, do not use the rinse for the first 12-24 hours following surgery, since rinsing may disturb clotting, and bleeding may result. Also, rinsing more frequently than 2-3 times a day is not recommended.
- A soft diet without hot foods or liquids is critical for the first few days after surgery, as bleeding may otherwise result. Foods like ice cream and yogurt may be soothing. Try to chew food on the “other side” of your mouth, if possible.
- To minimize swelling and possible bruising, keep an ice pack on the area of surgery periodically for the first 12-24 hours following surgery (e.g. 15 minutes on/15 minutes off).
- An anti-inflammatory medication has probably been prescribed for you. **It is very important that this regimen is followed, even if you don't feel pain after surgery.** Swelling, pain, and inflammation are greatly reduced or avoided, and healing may be optimized if you do so.
- Some degree of post-surgery bleeding (usually “oozing”) will occur, generally just for the first 12-24 hours. If this happens, use gauze squares to place gentle but firm pressure over the site for 10 minutes. Then change the gauze. A moistened teabag is also helpful to stop bleeding. If heavy bleeding persists after a few changes of gauze, call the office during regular office hours, or **call Dr. Marquis at (203) 668-9992.**
- A periodontal dressing may have been used, to help protect the surgery region. It is important that the dressing remain in place for at least the first few days following surgery. If the dressing becomes loose before your follow-up/suture removal appointment, please call the office to let us know. It may be necessary for you to have the dressing replaced.
- Typically, discomfort/pain and swelling following periodontal surgery peaks after the first 24 hours, and is minimized by your prescribed medications. If pain and/or swelling is experienced or increases in the 5-7 day post-surgery period, this may be a sign of infection. If this occurs, please call the office.
- A follow-up/suture removal appointment, usually 1 week post-surgery, has been scheduled for you. Suture removal is generally not painful or uncomfortable. This appointment is also very important to follow your healing progress.

*We care very much about making the periodontal surgery procedures as comfortable and “uneventful” as possible, and aim to optimize your treatment results.*