



Post-Operative Instructions Following Periodontal Surgery

After all surgery the most important factor that promotes healing is ***stabilization of the surgical site***. Thus, the surgical site must remain undisturbed for at least 10 days.

- 1) Take all prescription medicines as prescribed.
- 2) Take pain medication as needed after procedure. Specific instructions are listed on the back of this sheet.
- 3) Do **not smoke tobacco or marijuana** (Smoking will severely compromise the healing).
- 4) Apply Ice packs to surgical site to minimize swelling. 15 minutes on and 15 minutes off for the first day.
- 5) Eat soft foods and avoid chewing on surgical site.
- 6) Do not chew hard food on dental implant sites for 8 weeks.
- 7) No sucking from a straw or excess spitting. (This may dislodge materials)
- 8) Do not disturb the surgical site.
- 9) Do not attempt remove sutures or materials.
- 10) No heavy activity/exercise for 48 hours.
- 11) Minor bleeding and oozing from the surgical site will occur. If you experience excessive bleeding, call the office.
- 12) The day after surgery you may **gently** soak the surgical site with Listerine or Warm Salt Water for 30 seconds twice a day. Do not rinse vigorously. Do not use Peroxide.
- 13) A majority of stitches used are dissolvable. Typically loose stitches are not a major concern but can be removed if uncomfortable. Any stitches that remain will be removed at your follow up appointment.

Specific Instructions for Gum Grafting Surgery ONLY

1. A protective retainer may be made to cover the roof of your mouth.
This retainer is designed only for your comfort. You can wear this for eating and sleeping if you want. Wearing the retainer is solely at your discretion.
2. A protective bandage putty (pink in color) may be placed. This bandage is designed to dissolve and fall off on its own. Do not remove the bandage.

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