

INSTRUCTION FOR CARE OF THE MOUTH FOLLOWING PERIODONTAL SURGERY

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Please read and follow these instructions which are given to minimize your discomfort and reduce the chances of untoward complications from periodontal surgery.

1. Apply an ice pack to the side of the face adjacent to the surgical site, 20 minutes on and 20 minutes off, for the first 3 hours following the operating.
2. Take the prescribed medications to control pain. As the feelings begin to return to the tissue, pain may occur. Generally, better pain control can be achieved if the first dose of the pain medication is taken before all the feelings has returned to the tissues. Do not take larger doses of the medication or at more frequent intervals than instructed. Any other medications, e.g. antibiotics, are to be taken as directed.
3. Clean your mouth as usual in the un-operated areas (flossing, brushing, etc.). Modify the cleaning procedures of the teeth in the surgical site so as not to disturb the periodontal dressing (if used). Do not rinse vigorously during the first 24 hours, the mouth may be rinsed with salt water (1/2 teaspoon of salt dissolved in 4 oz. of warm water). Other medicated mouth rinses may also be prescribed for you, use them as directed.
4. Some minor oozing of blood from the surgical site may occur in the first 12 hours following surgery. This will produce a pink tinge in the saliva; this is not a cause for concern. However, if the bleeding becomes so heavy that clotted blood is forming in the saliva, you should immediately contact the doctor for advice and treatment.
5. Swelling may occur even if the ice pack has been used as directed. If this occurs, the swelling is usually the greatest upon awakening from sleep the morning following the surgery. If this has occurred, it will usually take 2 to 4 days for the swelling to subside.
6. It is not uncommon to experience a slight increase in body temperature during the first 24 hours following surgery. It may go up to 100 degrees F. this is not a cause of concern.
7. Every reasonable means has been taken to prevent an infection from occurring in the surgical area, but there is always the possibility one will occur. This is a rare complication. If an infection has developed, it will generally occur 2 or 3 days after surgery. Some of the signs which may suggest an infection is occurring if there is a sudden increase in pain, an increase in the swelling, a feverish feeling, sore glands in the neck, and general flu-like feeling. If you think this is occurring, contact the doctor or the office as soon as possible.

The periodontal dressing when necessary has been placed to reduce post-surgical discomfort. If the packing falls off, there is no need for concern.