

Periodontal Surgery Home Care instructions

Discomfort

After any surgical procedure a certain amount of discomfort is expected. By taking the prescribed medications as directed, your discomfort should be reduced.

Bleeding

Slight oozing is normal for the first day following surgery. To minimize post-operative bleeding you should avoid rinsing for 24 hours, exercise, and eating hard or sharp foods that may further traumatize the wound. If bleeding does occur, apply pressure to the area for twenty minutes with a piece of **damp gauze** or **damp teabag**.

Diet

Although your mouth may be sore it is very important to consume fluids the day of surgery such as milkshake (drunk without the use of a straw), orange or apple juice, Ensure and milk, clear fluids such as soup broth and Jello are recommended for the first 24 hours. Soft foods such as eggs, mashed potatoes, yogurt and ice cream are recommended for 2-3 days following surgery.

Avoid foods with small particles that can become trapped under the flap such as nuts, fruits with seeds, chips etc. It is important to eat a full but modified diet as your body needs proteins, vitamins, minerals and calories to heal and fight infection. Avoid extremely hot and spicy foods; in addition avoid alcohol as it can interact with the medication you are taking.

Swelling

To minimize swelling apply ice for 20 minutes on /20 minutes off for the first 24 hours. For the first night, sleep with an extra pillow and take the anti-inflammatory medication Dr. Kheriba recommend. Expect swelling (if any) to reach a maximum 2-3 days following surgery. Some bruising may occur and should not alarm you. You may also experience stiffness of the jaw, which can be relieved with gentle stretching on the 2nd- 3rd post-operative day.

Oral Hygiene

It is very important to keep your mouth as clean as possible this will help reduce the chance of infection. You should brush the rest of your teeth daily and at least twice a day, following surgery. Do not brush the area(s) of surgery as you will traumatize the site. Dr. Kheriba will advise you at your follow up visit when you can start brushing the surgical area. Use Chlorhexidine mouth rinse two times a day starting the following day of surgery. Make sure you brush (not the surgical site) before using the rinse (this can reduce staining), and rinse for a full minute. Remember not to eat or drink for 30 minutes following rinsing.

Rest

After surgery you should try to rest as much as possible for 1-2 days to allow your body to heal. Avoid exercise as it will increase your heart rate and blood pressure which can lead to swelling and bleeding.

Smoking

Do not smoke for at least 72 hours to reduce post-operative pain and chance of infection. Healing is significantly compromised in smokers.

Sedation

If you received any form of sedation at your appointment, do not drive your car or participate in any activities that will require you to be alert and of sound mind for 24 hours. Go directly home after you fill your prescriptions and rest.