



**FOLLOWING PERIODONTAL TREATMENT
PLEASE ADHERE TO THE FOLLOWING INSTRUCTIONS:**

ACTIVITY

After leaving the office, relax for the remainder of the day. Avoid strenuous activity that would elevate your heart rate. Also avoid repetitive movements that change the postural position of your head in relation to your heart (ex. gardening and yoga). Please do NOT eat or function on the surgical site or implant area. It is critical to ensuring the success of the procedure.

SWELLING

Some swelling may be present the day after the surgery and may peak at 24-28 hours after surgery. Icing the area is very important for reducing swelling, discomfort, and bleeding. Sip ice water, iced tea, frozen yogurt, milkshakes, or similar cold liquids and keep the surgical area cold for the remainder of the day after surgery. Do not use a straw, as suction can start bleeding. Avoid hot or warm items as they may increase bleeding and inflammation. Swelling for surgeries can be minimized by placing an ice pack over the operated area on the outside of the face for the remainder of the day after surgery alternating on and off at 15 minute intervals.

BLEEDING

There should be minimal bleeding after the surgery is completed. There may be a pink discoloration of your saliva for several hours. Frank bleeding (bright red) is not to be expected. Should bleeding occur, place gauze pressure for 30 minutes. If bleeding continues, then repeat this for another 30 minutes. If it continues further, place a moistened tea bag (not herbal tea) over the area and hold it against the bleeding site. It may take several minutes before the bleeding stops. If there is no change in the amount of bleeding at this point, call the office immediately.

EATING

It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods can be eaten. Chewing should be done predominately on the side opposite the surgical site. It may be necessary to stick to liquids for the first day, if chewing is uncomfortable.

CARE OF THE DRESSING

If a dressing has been placed over the surgical site, try to stay away from it the first few days. The dressing is primarily for comfort. If the dressing should become loose or fall off, and there is no increase in the level of discomfort, it is o.k. to leave it off.

ORAL HYGIENE

It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing. Often it is important to avoid brushing the surgical site. If this is the case, utilizing routine prescription or salt water rinse will be critical to keeping the surgical site clean and free of infection.

MEDICATIONS

Please follow the instruction on the bottle for any medications prescribed. If any adverse reaction to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medication immediately. Generally, I prescribe three medications for periodontal surgery patients. Ibuprofen is an anti-inflammatory pain killer. This medicine will help prevent swelling along with reducing pain. This is your "baseline" pain medication. Tylenol 3 with codeine is a narcotic pain reliever and can be taken in addition to the ibuprofen, if there is still discomfort. Rinsing with chlorhexidine mouth rinse (Peridex) can begin the day after surgery. This mouth rinse will keep the surgical area clean while it healing. Rinse and expectorate prior to night time sleep.

PROBLEMS OR QUESTIONS

If you need to contact Dr. Petrov, her emergency contact number is (425) 218 – 3388.