

## **Post-Operative Instructions Following Periodontal Surgery**

- . Take 400-600mg of Ibuprofen/Motrin/Advil every 4-6 hours for the first 24-36 hours.
- . It is advisable to eat only soft foods for the first week.
- . Avoid any exercise for the first 48 hours.
- . Drink plenty of water during the first 24 hours.
- . Place ice on the outside of your face in the treated area. Alternate 15 minutes of ice and rest as much as you can during the first 24 hours.
- . Use the Peridex (chlorhexidine rinse) that was prescribed for you; twice per day for 30 seconds each as long as there are sutures present.
- . You may brush and floss your teeth but avoid contact with the surgical area(s).
- . It is not uncommon to have some post-operative swelling and bleeding up to 78 hours after your procedure. The more carefully you follow these instructions, the milder your post-op sequelae will be.
- . If you should experience some bleeding, mild pressure with a moistened tea bag will speed clotting.

Please follow these home care instructions carefully.

Do not hesitate to call the office if you have any questions or concerns.

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