

Post-Operative Instructions Following Periodontal Surgery

- 1) Take 400-600MG of Ibuprofen/Motrin/Advil every 4-6 hours for the first 24-36 hours following surgery.
- 2) **NO** Smoking. **NO** Use of Straws. **NO** Spitting.
- 3) It is advisable to eat only soft foods for the first week.
- 4) Avoid any exercise for the first 48 hours following your procedure.
- 5) Drink plenty of water during the first 24 hours.
- 6) 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.
- 7) Use the Peridex (Chlorohexidine) rinse that has been prescribed for you; twice a day for 30 seconds each time, until sutures are removed.
- 8) You may brush and floss your teeth but avoid contact with the surgical/treated area(s).
- 9) It is not uncommon to have some post-operative swelling and bleeding for up to 72 hours after your procedure.
- 10) If you should experience some bleeding, mild pressure with a moistened tea bag (containing actual tea leaves) will speed clotting.

THE MORE CAREFULLY YOU FOLLOW THESE INSTRUCTIONS, THE Milder YOUR POST-OPERATIVE SYMPTOMS WILL BE.

Do not hesitate to call the office at 781-235-4580 if you have any questions or concerns.

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