

Post Operative Instructions Following Periodontal Surgery

Congratulations! You have just had a periodontal surgery to improve your overall oral health as well as your systematic health. Most surgeries involve repositioning of the gum tissue and/or re-contouring of the bone around the teeth. Bone materials and/or barrier membranes may be used to “re-build” tissues lost to disease. The most important factor that promotes healing is the stabilization of the surgical site. Thus, the surgical site must remain undisturbed for at least 10 days after surgery.

You will most likely have some discomfort, swelling, and maybe even bruising. These things happen with all surgeries. Please follow the directions below to make it easier on you.

The Day of Surgery

- You will have discomfort. If you can, please take Ibuprofen (Advil, Motrin). Take at least 600mg to 800mg every 6 to 8 hours. This amount helps with pain and swelling. If you cannot take these medications, please let us know!
- Take all other prescribed medications as directed
- **DO NOT SMOKE!** (Smoking will compromise the healing and success of the graft)
- Do not take Aspirin
- Swelling will occur. Apply an ice pack to the surgical site (outside your mouth) alternating 20 minutes on and 20 minutes off for the first day
- **DO NOT** drink carbonated or alcoholic beverages/products for at least 48 hours after surgery
- **DO NOT** suck from a straw or spit. Doing so may make you bleed from the surgical site
- Please adhere to a softer diet and avoid chewing on the surgical site for at least 10 days. (NO popcorn, peanuts, chips, etc.)
- **DO NOT** bite into foods such as apples, corn on the cob, sandwiches, etc.
- No heavy activity or exercise for at least 72 hours. Keep your blood pressure down as best as you can
- **DO NOT** pull your lip down to show or look at the surgical site. You may lose the graft!
- Extensive tension on the lip and mouth area may compromise the healing process

The Day after Surgery

- Follow all of the post operative directions as noted above
- In some cases, you will be provided with Peridex (Chlorhexadine) rinse. Gently hold the Peridex rinse over the surgery site for 2 minutes twice a day, and then spit it out. Please do not swish as you normally would with mouthwash
- Again, **DO NOT** disturb the surgical site
- **DO NOT** brush around the surgical site. We will let you know and show you how to brush around the surgical areas when the time is right.
- **Your can brush and floss everywhere else in your mouth except in the surgical area starting the day after surgery.**
- **DO NOT SMOKE!**

Swelling and pain will increase on the third day after surgery. Please do not be alarmed and this is to be expected. The swelling will be constant from days 3 thru 7. After day 7 the swelling will usually decrease significantly. Bleeding and oozing from the surgical site may occur and is totally normal for the first 24 hours. If you had a bone graft loss of several granules over the first week is normal. Be sure to put a towel on your pillowcase to avoid the staining of your linens.

If EXCESSIVE bleeding, pain, or swelling occurs, during business hours please contact the office at 719-545-6485. If you have an EMERGENCY after business hours, please contact Dr. Grimard at 719-553-7167.