**Instructions to Patients Following Periodontal Surgery**

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| **Discomfort** | You can expect moderate discomfort after the anesthesia wears off, which may last for several days up to one week.  Ibuprofen (Advil/Motrin) can be taken to reduce pain and swelling even before the anesthesia wears off.  We recommend 2-4 tablets of 200 mg (Ibuprofen/Motrin/Advil) alternating with Tylenol (1-2 tabs of 500 mg) every 4-6 hours for 3-5 days. You should avoid Ibuprofen if an allergy exists or if you have kidney disease, take blood thinners, or are recommended to avoid NSAIDs by your doctor.  You may also be prescribed an additional pain medication if indicated.  This should be taken with food so as not to upset your stomach. |
| **Swelling/**  **Bruising** | Swelling and bruising are common following periodontal surgery.  To help alleviate this, ice packs should be applied to the outside of the face over the area of surgery 30 min on/10 min off for the first 24-48 hours.  A cloth should wrap the ice pack to prevent injury to the skin over the surgical site.  After 24-48 hours, heat packs should solely be used and applied every 4 hours for the following few days as needed. |
| **Bleeding** | Occasionally some postoperative seepage is noted for several hours or days after the operation.  Do not be concerned if traces of blood are noted in the saliva or are present on your pillow in the morning. Heavy bleeding from the incision lines should be controlled by applying pressure with damp gauze for 30 minutes.  If this is unsuccessful, apply pressure with a wet tea bag.  If the bleeding does not subside, please call Dr. Setter. |
| **Oral Hygiene** | Meticulous oral hygiene should be continued in all other areas of the mouth, but the area of surgery should be avoided in order not to dislodge the surgical sutures or any blood clots.  Gentle rinsing after meals with a glass of warm salt water will be sufficient. Rinsing with warm salt water (1/2 teaspoon of salt in 6 oz of warm water) 4-6 times per day for two or three weeks, as advised by Dr. Setter, will provide additional anti-bacterial and soothing effects.  Flossing is not recommended for the first 1-3 weeks depending on the type of surgery. |
| **Sutures or Dressing** | You may have either sutures (stitches) or a periodontal dressing (packing) around your teeth.  Do not be alarmed if the dressing is lost shortly after the appointment.  If the sutures are lost within 3 days of your surgery, please call Dr. Setter. In order to minimize trauma to the area, avoid pulling in your lip/cheek or disturbing the area to look at the site as it may lead to bleeding, lost stitches, and/or a less ideal surgical result. |
| **Nutrition** | Maintaining an adequate diet after surgery is advisable.  You can chew on the opposite side of the mouth and should avoid extremely hot, hard or spicy foods.  The following foods are recommended which supply nourishment with little chewing necessary for swallowing: milk shakes, puddings, blended food, ice cream, chopped/ground meat, broth/soup, food supplements, and plenty of fluids.  Do not suck forcefully through the straw or smoke– both may dislodge your blood clot.  You should also avoid carbonated beverages and alcohol for the first few days. |
| **Activity** | Remain comfortable for 48 to 72 hours by avoiding heavy lifting, exercise or work.  **If any problems arise, don’t hesitate to call:**  **Dr. Michael Setter**  **Mobile: 503-974-6569               Office 503-222-9961** |