



PERIO SURGERY POST-OPERATIVE INSTRUCTIONS

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1. Moderate discomfort may be present when anesthesia wears off. Mild discomfort following periodontic surgery is normal. Start pain relievers **BEFORE** your anesthesia wears off (30-60 minutes after your appointment). Unless otherwise specified, take Ibuprofen 600 milligrams 4 times per day (breakfast, lunch, dinner, bedtime) for the first 3 days, even if you are not experiencing pain or swelling – it is easier to prevent pain, than fight it once it sets in. After 3 days you may take the Ibuprofen as needed – up to a maximum of 4 times. If you cannot take Ibuprofen, Tylenol, 600 mg every 6 hours is a good alternative.
2. Avoid brushing/flossing in the area of the dressing, Use the prescribed mouth rinse twice daily, swishing gently and avoid spitting. You should brush the non-surgical involved teeth as you do normally as overall oral hygiene is paramount to success.
3. You should attempt to implement a soft diet in the first 48 hours and favour the opposite side of the mouth. This does not mean you must restrict yourself to liquids. Items such as pasta, fish, and mashed potatoes are all fine. The worst foods include those that are crispy and crunchy like chips and crackers. These tend to gouge into the area and may delay healing.
4. The pink material, which may have been placed around your teeth, is an intra-oral bandage (dressing) designed to cover the surgical site during healing. The bandage will become brittle and small pieces may break away – the entire dressing may even dislodge. This should be of no concern unless the exposed area becomes uncomfortable.
5. Swelling may occur after the procedure, and tends to peak at 3-5 days. It is not uncommon for increased swelling and discomfort several days following the surgery – this is the bodies attempt to heal. Placing an ice-pack over the treated area after the procedure can minimize swelling. Twenty minutes on and twenty minutes off are recommended for the first 24hours. In some instances bruising may occur, and may last 1-2 weeks before dissipating – this is a normal part of the healing process and occurs more frequently in those with fair skin.
6. Small amounts of blood may discolor your saliva for the first few days. This is normal. Do not spit or rinse your mouth vigorously during the first few hours. If persistent oozing or excessive bleeding occurs, apply a moistened gauze/tea bag over the area and press firmly for at least 30min.
7. Try to avoid heavy lifting or vigorous exercise in the first 48hrs. Physical activity that raises the heart rate can result in increased blood pressure and initiate secondary bleeding.
8. In case of extreme pain, swelling, or bleeding, please email your periodontist (drphilipwalton@post.harvard.edu) or call Queen Street Dental Centre at (416) 469-5261.
9. Dial if you have an emergency *after business hours* and need to leave a message for the doctor on call.