



SILICON VALLEY
SMILE SOLUTIONS
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Periodontal Surgery Follow-up Instructions

1. Do not disturb or touch the wound. Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing.
2. Avoid rinsing or spitting for 2 days to allow blood clot and graft material stabilization.
3. Do not lift or pull on the lip or cheek to look at the sutures. This can actually cause damage to the wound site and can tear or stretch the sutures.
4. Do not smoke or drink alcohol for a few days following your surgery.
5. Avoid electric toothbrushes or electric flosses, and toothpaste near the surgical area.

Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (if your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call us for further instructions.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice intermittently every 5 minutes, as much as possible, for the first 24 hours.

Diet

Drink plenty of fluids. Do not use a straw. Avoid hot liquids or food. Soft food and liquids should be consumed on the day of surgery. The wound should be gently treated. Soft food should be consumed at least until your post-operative appointment, or when the doctor recommends.

Pain

You should begin taking pain medication as soon as you feel the effect of the local anesthetic is wearing off. For moderate pain, Ibuprofen (Advil or Motrin) may be appropriate. Ibuprofen, bought over the counter comes in 200 mg tablets. Two to three tablets may be taken every four to six hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

Antibiotics

You may be given a prescription for antibiotics. Be sure to take the antibiotics as directed to help prevent recurrence of infection. Discontinue the antibiotic use in case of a rash or other unfavorable reactions. Call our office if you have any questions. It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have any questions about your progress, please call our office. For all emergencies, please contact Dr. HagShenas on his personal cell phone at 408/393-4005.