

## General Post-operative Instructions

**Immediately following periodontal surgery**, an **ice bag** should be applied to your face over the area of surgery. Apply for 20 minutes then wait 40 minutes and apply again. This will help prevent or reduce swelling and pain. It should be used for the first 48 hours after surgery.

**Protective Putty Dressing:** After some surgical procedures we will place a putty-like cast on the teeth and gums to protect them. If it falls off please discard and do not be concerned.

**Begin tomorrow, rinsing** 4-6 times a day with a salt water solution (½ teaspoon of salt in an 8 oz glass of warm water). Continue these rinses for the first week, especially after meals.

### Recommendations for Oral Hygiene:

#### Gum Grafting or Laser Patients

**Clean** all areas of your mouth **except the surgical site** in the normal manner starting tomorrow. Do not brush the grafts or the laser treated area for one full week. Oral rinsing on these sites is ideal. Do not brush even if the protective packing is removed.

#### All Other Surgical Patients

**Clean** all areas of your mouth **except the surgical site** in the normal manner starting tomorrow. If the protective packing is removed then the best advice is to give the area 3 days of initial healing and then begin gentle brushing until we see you at the one week follow up appointment.

### Bleeding Concerns:

There may be **bloodstains in the saliva** for first day after therapy. **This is normal.** If there is considerable bleeding, find the source and hold a piece of **damp (never dry) gauze** over it with your thumb and index finger. Hold firm pressure for 5-10 minutes without removing the gauze. After the pressure then gently check the area and if it is still bleeding, reapply the pressure for another 5-10 minutes. If bleeding persists after a few attempts then please call me. You can remove the putty packing if you cannot get direct pressure applied to the wound.

### Suggested Diet:

For about 5-7 days after surgery you will need to eat gently. Avoid “hard” foods that require heavy chewing and avoid “sharp” food like chips. It is important that you maintain a normal intake of food. Be creative and keep your diet soft and so that the food particles can be easily rinsed after the meal. I encourage drinking lots of fluids to prevent dehydration. This is no time to diet and lose weight!

### Some suggested foods:

Broth/soft soup	Instant Breakfast/protein drinks	Mashed potatoes/soft bread
Soft pasta	Jell-O/custard/pudding	Fine ground meat
Ice cream	Juices	Cheese/cottage cheese
Milk shakes	Smoothies	Eggs

It is important that you **refrain from strenuous activity** for the next day or two. **Recline and rest** as much as possible. You should concentrate on the above instructions and maintain good nourishment, liquids, and take your medication as directed.

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