

## INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

The following information has been prepared to help answer the many questions which you may have regarding the operation which has just been performed. Please read these instructions carefully. Our experience has shown them to be very helpful. If intravenous or oral premedications or sedation were used, the patient should not be left alone or unattended during the day of the surgery. Bathroom privileges should be with assistance, only.

1. Generally there will be prescribed medication to be taken. This should be taken strictly according to directions, even if this requires awakening the patient.
2. Some swelling of the face is not unusual following periodontal surgery. It can be minimized by applying ice to the face in the area of the surgical treatment for 10-15 minutes on and 10 minutes off for the remainder of the day of surgery. After the day of surgery, heat (preferably moist) can be applied to your face in the area of surgery to decrease the swelling. Do not use ice after the day of surgery. Swelling should begin to disappear in 2 to 4 days after surgery. If it does not or if your face should begin to swell 3 to 4 days after surgery, contact this office or Dr. Crosland at home.
3. If a dressing was applied to the surgical area, please do not disturb it until your next appointment. We will remove it. If parts of it come out, do not be concerned.
4. Beginning 24 hours after the surgery was completed, you may begin using warm salt water rinses (1 teaspoon of salt in an 8 oz. glass of warm water).
5. There may be blood stains in your saliva for up to 24 hours after the surgery. If there is more bleeding than normal, apply a moist tea bag to the bleeding site for half an hour. If more extensive bleeding is noted, please contact Dr. Crosland for instructions. Under no circumstances should rinsing be used to try to stop bleeding.
6. You should maintain your oral hygiene in the non-treated areas as close to normal as possible, beginning 24 hours after surgery.
7. A balanced diet is important for proper healing. Avoid brittle foods and foods with a high acid or spice content because of their irritating nature. The diet can be supplemented with liquid nourishment such as Metrocal or Segal. You should drink plenty of liquid.
8. The use of tobacco may delay healing and thus I advise that any smoking should be kept to an absolute minimum.
9. If any problems arise, please do not hesitate to phone.

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