Patient Instructions After Periodontal Surgery

If you have any concerns, contact Dr. Brown at the office or at his home #828.322.6354.

Nutrition: Follow a soft diet. Sticky, harsh, hard, or highly seasoned foods should be avoided. Examples of soft food include: scrambled eggs, cottage cheese, milkshakes, noodle casseroles, and liquid breakfasts. Generally, anything you can cut with a fork is acceptable. If possible, chew in areas that were not treated. A few days after surgery you may return to a normal diet if you are comfortable.

Oral Hygiene: The areas of your mouth that were not treated may be cleaned as usual. Begin cleaning the areas involved with the surgery the day after the surgery with a Q-tip dipped in warm water or Peridex. You can begin gently brushing the teeth in the area of the surgery after 2-3 days, but avoid using toothpaste in this area. Begin Peridex rinse (if prescribed) the day after surgery and begin taking any antibiotic prescribed immediately.

Bleeding: A slight amount of bleeding is normal and could continue for 1-2 days. If the bleeding is excessive place a gauze pad over the bleeding area and apply firm pressure for 30 minutes. If this does not stop the bleeding moisten a tea bag and hold firmly over the area. The tannic acid in the tea will aid the clotting process. Prior to applying pressure with the gauze or tea bag, be sure to wipe away any accumulated blood clot. This will often appear stringy and purple. If the bleeding persists, call Dr. Brown. Avoid alcohol, tobacco, and hot liquids for 48 hours after surgery.

Physical Activity: Rest and curtail your activities the day of surgery. Avoid strenuous physical activity for several days following surgery. Avoid activities that could result in you getting trauma to the mouth.

Discomfort: When the anesthetic wears off will usually be the most uncomfortable time. Take pain medicine as soon as possible after the surgery. Avoid driving and operating dangerous machinery while on prescribed pain medicine.

Swelling: Most patients have minimal swelling. If you note swelling, use an ice pack on and off your cheek in the area of the surgery every 10 minutes for 2 hours. If swelling is noted the day after surgery use warm rinses and a warm compress on your cheek.