

POST OP DIRECTIONS

Periodontal Surgery

IT IS NOT UNUSUAL TO HAVE SOME DISCOMFORT FOR A FEW DAYS FOLLOWING YOUR SURGICAL PROCEDURE. IN MANY INSTANCES, IBUPROFEN 600-800 MG TAKEN EVERY SIX HOURS WILL BE SUFFICIENT. YOU MAY BE GIVEN A PRESCRIPTION FOR A MORE POTENT MEDICATION TO BE TAKEN ONLY IF NECESSARY TO MINIMIZE YOUR DISCOMFORT. A LIQUID BANDAGE MATERIAL IS SOMETIMES PLACED OVER THE SURGICAL AREA. IT IS EXPECTED THE LIQUID BANDAGE WILL CHIP OFF DURING THAT WEEK.

DO NOT DISTURB THE WOUND

IN DOING SO YOU MAY INVITE IRRITATION, INFECTION AND/OR BLEEDING. KEEP YOUR FINGERS AND TONGUE AWAY FROM THIS AREA. IN THE CASE OF BONE GRAFTING WAS USED, EXPECT SOME BONE GRANULE PARTICLES TO SLIP OUT FROM THE SURGICAL SITE (S). WHEN THAT HAPPEN, YOU WILL FEEL CRUNCHINESS IN YOUR MOUTH. DO NOT SPIT OR SUCK THROUGH A STRAW.

BRUSHING



DO NOT BRUSH, FLOSS, OR USING WATERPIK DIRECTLY ON TREATED SITE (S) OVER TWO WEEKS AFTER SURGERY.

**YES...YOU HEARD THAT RIGHT!
FIRST TIME EVER YOUR DENTIST IS
TELLING YOU NOT TO BRUSH AND
FLOSS YOUR TEETH :)**

MOUTHWASH

AVOID ALL RINSING FOR 24 HOURS AFTER SURGERY. THIS IS TO ENSURE THE FORMATION OF A BLOOD CLOT. DISTURBANCE OF THIS CLOT CAN LEAD TO INCREASED BLEEDING OR THE LOSS OF THE BLOOD CLOT. AFTER THE FIRST 24 HOURS, YOU SHOULD VERY GENTLY RINSE (HOLD IT IN PLACE) THE AREA 2 TIMES A DAY USING WARM SALT WATER OR ANY KIND OF MOUTH RINSE.

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SMOKING AND ALCOHOL

DO NOT SMOKE OR OR CONSUME ALCOHOL FOR TWO WEEKS AFTER THE PROCEDURE BECAUSE IT CAN INTERFERE WITH THE HEALING AND BLEEDING PROCESS

DIET

SHOULD CONSIST OF NOURISHING FOODS OF A SOFT AND LIQUID CONSISTENCY. NO CRUNCHY FOODS SUCH AS NUTS, POPCORN, PRETZELS, CHIPS, ETC. AVOID FOODS THAT ARE EXCEPTIONALLY HOT. GRADUALLY CHANGE TO A NORMAL DIET OVER THE NEXT TWO WEEKS.



BLEEDING

YOU CAN USE THE GAUZE IF YOU NEED TO BUT MAKE SURE THE GAUZE IS DAMPENED. IF YOU ARE STILL EXPERIENCING BLEEDING YOU CAN PLACE A DAMP TEA BAG TO THE AREA AND APPLY PRESSURE FOR ABOUT 30 MINUTES. APPLYING PRESSURE, PRESSURE, PRESSURE IS VERY IMPORTANT.

SWELLING

SWELLING MAY OR MAY NOT OCCUR, DEPENDING ON THE NATURE OF THE PROCEDURE. SWELLING CAN BE MINIMIZED BY USING ICE PACKS AGAINST THE CHEEKS 20 MINUTES ON AND OFF FOR THE FIRST 24 HOURS FOLLOWING SURGERY.
ICE ICE ICE BABY!

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