

Rodica S. Grasu, D.D.S., M.S.

Periodontics and Implant Surgery

16055 Ventura Blvd., Suite 405, Encino, CA 91436

818-990-5090

Instructions Following Periodontal Surgery

ACTIVITY: after leaving the office, relax for a few hours, and avoid strenuous activities for several days. **Do not smoke**, as the heat and smoke slow the healing process.

MEDICATIONS: Please follow the instructions on the bottles for any prescribed medications. If any adverse reactions to these medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please discontinue the medications, and contact my office immediately. Some other side effects include constipation, drowsiness, and or dizziness.

DISCOMFORT: Some discomfort may be present the day after the periodontal surgery. If pain medications were prescribed, start taking them before the local anesthetic wears off and follow the instructions to avoid the discomfort.

SWELLING: Some swelling may take place following the periodontal surgery. Swelling is a part of the natural healing process and may last several days. This is dependent on the nature and the extent of your surgery. Individuals with fair skin or who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure(s). Generally, the swelling will persist for 24 hours to 36 hours, and in some cases may peak on the third day after the surgery. To minimize the swelling, it is important to place cold packs over the operated area after the surgery. Place **cold packs** on the outside of the face alternating approximately 10 minutes on 10 minutes off for about 24-48 hours postoperatively. When lying down, keep your head elevated compared to the heart level so as to minimize the swelling.

BLEEDING: There should be minimal bleeding following periodontal surgery. There may be a slight pink discoloration of the saliva for several hours, but frank bleeding is not to be expected. Should bleeding occur, place a moist, cold tea bag over the area, and gently hold it against the bleeding site. It may take several (15-20) minutes before the bleeding stops. If there is no change in the amount of bleeding, call the office immediately. **Do not try to stop the bleeding by rinsing.**

Remember **P.I.E.R.**

- P** PRESSURE (gentle) over the affected area
- I** ICE cold compresses on the area
- E** ELEVATE your head whenever you lie down (2 to 3 pillows)
- R** REST and plenty of it

ORAL HYGIENE AND CARE OF THE DRESSING:

During the first 24 hours following the surgery. You may brush the teeth NOT involved in the treatment (where there are no sutures), using very little tooth paste, so that no rinsing is needed.

After 24 hours, provided there is no bleeding, you may proceed with rinsing with warm salt water three to four times a day in addition to gentle brushing of the non-treated areas. If Peridex (chlorhexidine) was prescribed, start rinsing with it 24 hours after surgery. It is very important to maintain a high level of oral hygiene in the non-operated areas.

If a dressing was placed over the surgical site, do not remove the dressing. It was placed for your comfort, and it should be removed at the post-operative appointment. If the dressing should become loose, or fall off without any increase in discomfort, it can be discarded and it does not need to be replaced.

EATING AND DRINKING: You must maintain a **very soft diet** following the surgery. Avoid alcoholic beverages, very hot liquids, and very spicy foods. For the first few days, eat soft foods, such as potatoes, cottage cheese, eggs, soft meats and fish. Try to chew on the side opposite the surgery site. Food supplements and vitamins are not necessary in addition to what you are taking on a regular basis.

Dr. Grasu can be reached at: (818) 990-5090

After hours press # 3 to reach Dr. Grasu