

# INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY



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## EATING:

It is important that you maintain a nutritious diet during healing.

## FOODS TO AVOID:

Straws should be avoided the first 24 hours. Avoid tomatoes, onions, peppers, spices, juices (*orange, grapefruit*). These foods may cause a burning sensation. Avoid hot food or liquids (*ex: soup or coffee*) may cause the area to begin bleeding again.

## SMOKING:

To ensure the optimal result for your surgery, it is best to refrain from smoking as long as possible, but at least 24-48 hours. You will have decreased healing if smoking is continued and greater risk for failure if bone or gum grafts or implants were done.

## MEDICATIONS:

Take Ibuprofen 400 mg (*equal to two Advil, Nuprin, Motrin IB or generic over the counter pills*) every four to six hours for at least two days, whether you are hurting or not. This medication also helps keep inflammation and swelling down. Take all prescribed medications as directed unless you feel there is an adverse effect. Contact my office if you have an allergic reaction or get sick.

## CARE OF MOUTH:

1. Use warm salt water rinses 3-4 times a day starting tomorrow.  
(*1 tsp. salt in large glass of water.*)
2. Commercial mouth rinses are of little medicinal value.  
Use prescription mouth rinse, if prescribed.
3. Continue normal brushing/flossing in areas not affected by surgery.
4. If no dressing has been placed, start gently brushing/flossing tomorrow, unless advised not to. Your toothbrush softened by hot water will work as an Ultra Soft toothbrush.

## BLEEDING:

A slight amount of bleeding is not uncommon for the first few hours following surgery. Keep your head elevated with at least two pillows the night of the surgery. Please avoid any activities, such as bending over or lifting which would result in increased pressure in your head and therefore, bleeding. If there is bleeding after this period of time, this can usually be controlled by applying firm pressure with clean, wet gauze or tea soaked gauze.

## GUM GRAFTS:

If you have had a gum graft(s), **DO NOT** pull your lip out to look at the graft, **DO NOT** brush the involved teeth, and **DO NOT** chew in the graft area. These activities will move the graft and cause the grafted tissue to die.

## SWELLING:

Some swelling may occur following surgery. The amount varies with every patient and with the extent of the surgery. Apply an ice pack to the face for 15 minutes on, 15 minutes off, for the first 24 hours after surgery to help minimize swelling. After the first 24 hours, if swelling persists, hold warm moist heat on the area of your face.

## ACTIVITY:

A feeling of weakness, chills and slight fever may be experienced during the first 24 hours. This is no cause for alarm. Rest is encouraged and no strenuous activity should be performed during the day of surgery. If you question whether the activity is considered strenuous, please ask the assistant in our office.

## SURGICAL DRESSING:

Some areas of surgery may be covered with a dressing; it will harden within an hour after placement. **DO NOT BRUSH OR FLOSS** this area. When the dressing falls off or loosens, remove it and throw it away. A loosened dressing can do more damage to the surgical site than no dressing.

*Do not hesitate to call the office (871-6636) if you have any problems.  
After office hours, our answering service will contact Dr. Ford.*