

Post-Surgery Instructions

Following periodontal surgery, you can expect a number of normal events during the healing process. Do not participate in any strenuous activity, get plenty of rest.

Get all prescribed medications and take as instructed immediately following surgical appointment. If you develop any rashes or hives after taking any medications, you may be experiencing an allergic reaction- discontinue medication and call the office or Dr. Vest's pager.

Discomfort: Take the prescribed medication(s) ASAP following your surgical appointment. This will keep you comfortable and allow a smooth transition once the local anesthetic wears off.

Bleeding: You may experience slight oozing of blood in your saliva the next 24-36 hours. If there is any significant bleeding, fold a piece of gauze and apply gentle pressure for 20-30 minutes. A tea bag can also be used in a similar matter after it is moistened with warm water.

Swelling: To keep any potential swelling to a minimum, apply an ice pack (bag of frozen vegetables...etc.) to the outer cheek or jaw for 10-minute (on/off) intervals for the next 3-4 hours. Slight swelling may be expected during the first few days and begin to decrease after the 4th day. If swelling continues to worsen call the office or doctor's pager immediately.

Diet: Avoid eating on the side which surgery has been performed. Eat soft foods and drink of cold liquids. Avoid hot liquids for 3-4 days or allow them to cool prior to drinking. Avoid spicy foods and acidic liquids (ex. Orange juice, tomato juice).

Oral Hygiene: Avoid brushing the area of surgery but do brush and floss all other areas as you normally would. You may resume light brushing after one week.

Mouth Rinse: Unless a medicated mouth rinse has been prescribed. Rinse lightly with warm salt water (1/2 teaspoon of salt in ½ cup warm water) 2-3 times daily for 30-60 seconds. Then rinse with clear water to rinse out remaining salt.

Smoking: Smoking should be avoided throughout the entire healing phase to obtain optimum results. Absolutely no smoking should occur the first 24 hours following surgery.

Women: If you are currently taking birth control pills, please be aware that taking any antibiotics concurrently, could decrease the efficacy of the birth control pill. Another method of birth control should be used.