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Practice Limited to Periodontics and Implant Dentistry
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Post Operative Instructions for Periodontal Surgery

Please follow these instructions in caring for your mouth after periodontal surgery. They are necessary for your comfort and a good outcome. Periodontal post-surgical complications are uncommon but do happen from time to time. Please do not hesitate to contact us if you have any concerns.

Telephone Numbers

Office: (301) 881-4867 during regular business hours

Dr. Chang's cell phone:

Numbness/Tingling

The local anesthetic may persist 2 to 10 hours after the procedure. Be careful not to chew on your lip, cheek, or tongue while numb. Occasionally, numbness may persist for some time at the surgical site and usually improves with time.

Prescriptions/Medications

- Periogard (rinse) – see “Oral Hygiene” instructions below
- _____ (antibiotic) – Make sure to take as directed and for the entire length of time prescribed.
- Motrin/Advil/ibuprofen or Tylenol – Take for the next 2 days on a regular schedule. After the first 2 days, the pain should start subsiding. If the pain persists or gets worse, call our office.
- Vicodin (narcotic pain medication) – You may take this if needed for discomfort, but it is optional. You might want to take it before going to bed. It may make you dizzy or drowsy so use caution engaging in activities requiring alertness, such as driving or using machinery. Do not take this medication with Tylenol (acetaminophen) as it already has acetaminophen in it.
- _____

Bleeding

You may see blood in your saliva for a day or two after surgery. This is normal and usually ends naturally by the third day. If oozing persists, gently remove any loose blood with a gauze pad. Sit quietly and compress the gum tissue with moistened gauze or tea bag for 20 to 30 minutes. You may have to repeat the process. If bleeding persists, call us.

Swelling

There may be some slight swelling around the treated area. This is normal. Application of cold (a frozen bag of peas works well) and elevating your head slightly during sleep will help minimize swelling during the first day. The swelling will peak at 2 to 3 days and gradually decrease. Should swelling continue to worsen beyond 3 days, please let us know.

*****If the swelling makes breathing or swallowing difficult, call 911 immediately*****

Bruising

You may experience slight local bruising. Occasionally, it may extend onto your neck. Bruising should resolve after several days.

(over, please)

Oral Hygiene

Use, as directed, the prescribed Periogard (chlorhexidine) rinse to keep your mouth clean. If you feel the need to brush and floss your teeth, make sure you avoid the surgically treated area(s).

Dressing

If a dressing has been used to cover the treated area, it may become loose after a few days. If it is dislodged, rinse the area with the prescribed Periogard rinse. Avoid brushing the area, as well as eating in that particular area.

Sutures

The sutures (“stitches”) placed in your gums need to left in place until dissolved on their own or removed by your doctor. Avoid playing with or pulling on them. If a suture becomes loose and interferes with eating, speaking, etc., call us.

Eating

Eat soft foods for a few days following surgery. Avoid crunchy, hot, or spicy foods. Be sure to drink plenty of fluids.

Alcohol

Alcohol interferes with many medications that may have been prescribed to you. Make sure to follow the specific directions to avoid mixing alcohol and the medication(s) that you have to take.

Physical Activity

Avoid strenuous exercise or other demanding physical activity for the first 48 hours after surgery.

Smoking

Smoking delays healing. Smokers have more post-surgical complications than non-smokers. If you are a smoker, it is in your best interest to stop smoking for as long as possible following surgery.

Additional Instructions
