

Post-Operative Instructions

Osseous Surgery

Dr. Jonathan Jenkins- Practice Limited to Periodontics & Implant Dentistry

Following gum surgery, a periodontal dressing is placed over the gums to protect the surgical site during the healing period. Gums will usually start to look normal within a month, while complete healing is expected after two to three months.

General instructions after any gum surgery procedure are the following:

- **BLEEDING** – some bleeding is normal. You may apply light pressure with a soft cloth to reduce bleeding. It may also be helpful to place a wet teabag on the involved area and applying direct pressure for 15-20 minutes. Avoid rinsing, spitting or sucking through a straw the day of surgery because it may cause additional bleeding. Call our office if there is excessive or continuous bleeding.
- **SWELLING** – You can have some swelling after gum surgery. This can be prevented with the periodic application of an ice pack placed outside the mouth over the surgical area.
- **DISCOMFORT** - Over the counter anti-inflammatories such as Advil, Motrin and Ibuprofen tend to work the best. You may begin taking these medications the same day of surgery. You may also take any prescribed medications.
- **EATING** – Eat soft foods to avoid disturbing the periodontal dressing or injuring the surgical site (pudding, milkshakes, scrambled eggs, pasta, mashed potatoes, luke-warm soup, oatmeal, jell-o, etc.) Avoid spicy and crunchy foods or foods that are too hot. Chew away from the surgical site (on the other side of your mouth).
- **HOME CARE** – Do not rinse or brush your mouth on the first day. Avoid brushing or flossing the treated area until the periodontal dressing is removed. After that, resume brushing using a soft brush. The rest of the mouth should be cleaned normally, to avoid the growth of dental plaque that could increase the risk of infection. You may begin salt water rinses (8oz. warm water with 1 tsp. salt) as often as you like 72 hours after surgery.
- **SMOKING** – Avoid smoking or any use of tobacco, because it could delay healing. Pipes, cigars and smokeless tobacco should also be avoided.
- **EXERCISE** - Avoid strenuous exercise for the first 5 days after surgery. Strenuous physical activity may increase post-operative pain or cause post-operative bleeding and swelling.
- **FOLLOW-UP** – You should return to our office 7-10 days after your gum surgery. During this visit we will remove the periodontal dressing and evaluate the healing progress. Another follow-up visit is sometimes recommended after one month for patients who have undergone extensive gum surgery.

Please contact Dr.Jenkins if you have any questions or concerns.

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