

## **POST-OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY**

1. You will experience some bleeding in your saliva after surgery. You may also experience some facial swelling or bruising and pain/discomfort.
2. Freezing can last for a few hours after your surgery. Take care that you don't accidentally bite your tongue, cheek or lip. Avoid anything hot or foods that requires a lot of chewing until the freezing wears off.
3. After your surgery, rest and avoid strenuous activities for the remainder of the day.
4. Take over the counter pain relievers to maintain comfort. Take it before the anesthesia wears off.
5. If any medication is prescribed, take it as prescribed. Do not exceed the dose on the label.
6. Apply an ice bag to the face over the operated area for 10 minutes, then remove for 10 minutes. Continue this for the first day. This will help to minimize swelling.
7. Rinse your mouth with the chlorhexidine mouthwash as advised to help in plaque control. Start rinsing from the day after your surgery.
8. If given an antibiotic prescription, take them as directed in the prescription until they are gone. For females, some antibiotics can reduce the effectiveness of birth control pills.
9. Eat soft foods for the first 5-7 days.
10. Avoid chewing on the side where you had the surgery for 1-2 weeks. Avoid foods with seeds(e.g. raspberry) that can get into the operated site.
11. During tooth brushing, avoid brushing the operated area.
12. Avoid lifting the lip with your fingers to look at the surgical area.
13. Avoid smoking as it affects healing.
14. Please call the clinic(Telephone:306-933-2777) and report any of the following:
  - Swelling which begins three days or more after surgery
  - Excessive bleeding
  - Anything about your healing that is a concern to you

