



Periodontal/Oral Surgery Postoperative Instructions

Extractions, Implants, Traditional Surgery, Frenectomies, Gingivectomies, Crown Lengthening

General Guidelines: Be gentle/kind to yourself after treatment. Avoid strenuous exercise for 48 hours after surgery (weight lifting, running, etc), because sharp increases in your blood pressure can cause more bleeding and discomfort at the surgery site. Take all medications as prescribed. Smoking after surgery (especially within the first 24 hours) is not advisable and will compromise results; it can cause outright failure of treatment.

Stitches: Extractions without grafting, frenectomies, gingivectomies: stitches will dissolve in 3-5 days. Extractions with grafting, implants, traditional surgery, crown lengthening: stitches will be removed by the doctor or the assistants at your 2 week post-op appointment.

Eating: For the first 24 hours after surgery, do not eat anything spicy or extremely hot in temperature, and do not drink through a straw or spit forcefully. For the first two weeks after surgery, avoid hard, sharp, crunchy foods, or foods with small seeds that could lodge in the surgical site (i.e. nuts, chips, popcorn, granola, strawberries, etc). We have provided you with a suggestion list of acceptable foods, but these are not the only foods you may eat.

Bleeding: A small amount of seeping from the surgical site for the first 48 hours is normal. If the bleeding bothers you, you may use moist gauze applied with pressure to the area for 10 minutes to control the bleeding. If the site is still seeping, you may apply a moist black tea bag to the area with pressure for 5 minutes. The tannic acid in the tea bag should stop the bleeding. If bleeding is excessive after performing these measures, please call the office.

Swelling: Mild to moderate swelling of the surgical site may occur and is normal. Gently apply an ice pack, covered in a light towel, to the cheek/lip on the side of your surgery 20 minutes on, 20 minutes off immediately post-op. In the evening after surgery, you may use moist heat on your cheek or lip. You may continue with moist heat in the days following if it feels good.

Pain: Mild to moderate pain is to be expected after periodontal/oral surgery. However, for most people, a combination of acetaminophen (Tylenol) and ibuprofen (Advil or Motrin), are all that are required to control pain. If the doctor has given you a prescription for ibuprofen, take it as directed with 2 tablets of acetaminophen. If the doctor gave you a prescription for Norco, Percocet, or another opioid/narcotic medication, do not take any additional acetaminophen with these medications.

Oral Hygiene: Keeping the area clean is ESSENTIAL TO SUCCESS/HEALING. Starting the day after surgery, swish with the prescribed rinse twice daily to keep the surgical site clean. **The rinse may cause staining of your teeth and tongue, this is temporary and is not cause for alarm.** You may brush the other areas of your mouth (including your tongue) as you normally would beginning the day after surgery to prevent staining of those areas. **DO NOT WATERPIK THE SURGICAL SITE UNTIL YOU ARE INSTRUCTED TO DO SO BY THE DOCTOR.**



SOFT/MUSHY FOOD SUGGESTIONS

Anything put through a blender, EXCEPT fruits/vegetables with small seeds, is acceptable.

Other suggestions:

Eggs any style
Pasta
Soft cheeses
Fish
Ground turkey, ground beef
Mashed potatoes, yams or sweet potatoes
Mashed steamed vegetables
Avocados
Applesauce
Cream of wheat, Malt-o-Meal
Yogurt
Pudding
Ice cream
Creamy peanut butter
Broths or cream soups

You can also supplement your nutrition with vitamins, and Ensure (or another supplement drink of your choice).

Please refer to these instructions first if you have any questions. If your questions are not answered by this sheet, please call us at 775-322-5122.