

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

For the first 24 hours:

Do not:

- Exercise excessively
- Drink hot liquids
- Drink alcohol
- Drink through a straw
- Smoke
- Rinse your mouth vigorously
- Chew solid food

Do:

- Take your medication as prescribed
- Drink lots of liquids
- Go on a soft diet (avoid crunchy foods like popcorn and nuts)

Swelling:

Swelling on the first day may occur and can be kept to a minimum with ice packs to the outside of the face over the surgical area. Ice packs should be used 10 minutes on – 10 minutes off for most of the day.

Bleeding:

A slight amount of bleeding from under the dressing is expected the first day. If the bleeding is excessive, call us.

AFTER THE SURGERY DAY (AFTER THE FIRST 24 HOURS)

- Do not use ice packs – if it feels good, you can use them, and however they will usually not help the swelling after 24 hours
- Rinse gently with prescribed mouth rinse – 1 tbsp./15ml; 2x/day, for 30 seconds (no eating or drinking 30 min before or after using the prescribed mouth rinse)
- Brush and floss the teeth not involved in the surgery
- Remain on a soft diet for one week
- Chew only on the teeth not related to the surgical area
- If antibiotics were prescribed; be sure to take all pills as directed by Dr. Xiang
- Take pain medication only if you have pain

TELEPHONE DR. XIANG AND REPORT ANY OF THE FOLLOWING:

- Swelling which begins 3 days or more after surgery
- Excessive bleeding
- Discomfort not controlled by your prescription
- Loose or lost dressing – anything more than just small chips flaking off
- Anything about your healing that concerns you

PHONE: 204-726-1211 office
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FOR DISCOMFORT AND SWELLING IT IS RECOMMENDED THAT YOU TAKE TWO OR THREE IBUPROFEN EVERY FOUR HOURS AS REQUIRED