

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

For the first week:

Do not: Drink hot liquids
Rinse your mouth vigorously
Smoke
Exercise excessively
Drink through a straw
Drink alcohol

Do: Take your medication as prescribed
Drink lots of liquids
Eat soft diet (avoid crunchy foods like popcorn, nuts or food with seeds)

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 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, however, they will usually not help the swelling after 24 hours.
- Rinse gently with the prescribed mouth rinse – 1tbsp./15ml; 2x/day, for 30 seconds for two weeks
 - No eating or drinking 30 min before or after using the prescribed mouth rinse
 - No rinsing with the prescribed mouth rinse within 30 minutes after tooth brushing
- **DO NOT** brush and floss the teeth or area involved in the surgery until we see you at the two week follow up appointment
- Remain on a soft diet and avoid hot liquids for one week
- Chew only on the teeth **not** related to 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
- Anything about your healing that concerns you

PHONE: 204-726-1211 office
204-891-5767 Cell

FOR DISCOMFORT AND SWELLING IT IS RECOMMENDED THAT YOU TAKE 2 OR 3 IBUPROFEN (ADVIL) EVERY 4 HOURS AS REQUIRED.