

Instructions Following Periodontal Surgery:

For the First 24 hours:

Do not: Rinse your mouth vigorously
Drink through a straw
Spit
Drink hot liquids
Exercise or Heavy lifting
Drink alcohol or smoke
Pull your lip to look

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)

- Rinse gently with the prescribed mouth rinse – 1tbsp./15ml; 2x/day, for 30 seconds until we see you for your next follow up appointment.
 - 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 for your first follow up appointment
- Remain on a soft diet and avoid hot liquids and small seeds for one week
- Chew only on the teeth **not** related to surgical area until your follow up appointment
- 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 & 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 & Swelling It Is Recommended That You Take 2 or 3 Ibuprofen (Advil) Every 4 Hours As Required.****