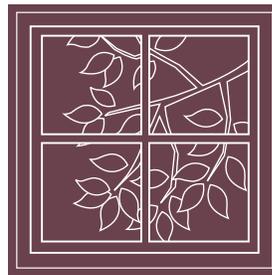


# INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY



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**Periodontal Dressing:** Dressing or “pack” takes a short time to harden. Please minimize smoking, talking, eating, or drinking warm fluids for one hour after surgery. If the major portion of the dressing is lost and you are experiencing discomfort, bleeding or severe temperature sensitivity, call our office.

**Bleeding:** Some bleeding is often noted following surgery and may be visible in your saliva. If bleeding occurs, apply moderate pressure with a cotton pad or moist tea bag for 20 minutes. If bleeding cannot be controlled, call our office. For the first 48 hours, minimize activity or exercise. For the first night or two, elevate your head when reclining. Please avoid aspirin and ibuprofen for 7-10 days before surgery.

**Swelling:** Slight swelling or bruising is not unusual. This can be prevented or minimized by applying an ice pack to the face for 10-20 minutes on and 10 minutes off, for several hours after surgery and the next day if needed. Frozen peas or corn (in the bag) make a good ice pack. Swelling should begin to disappear in about four days. If swelling increases 3-4 days after surgery, you may have an infection and should call our office.

**Medications:** In the case of antibiotics, take the entire amount prescribed. If you develop a rash or have any other reactions to the medication, stop taking it and call our office. Benedryl is helpful for reducing the rash and itching. Anti-inflammatories are helpful for healing as well as for moderate pain. If you can take them, use 600mg ibuprofen (3 Advil) every 4-6 hours or 1-2 Aleve every 8-12 hours for at least three days following surgery, and as needed after that. You may use the prescription pain reliever in addition, as needed. Alcohol should not be used with narcotic medications. It is helpful to take all medications with a full glass of lukewarm water, and with food if you have a sensitive stomach.

**Diet:** Avoid eating for the first 3-4 hours after surgery, and minimize chewing on the operated area for the first week. For the first day, avoid hot foods and beverages. For the first week, avoid hard, spicy or acidic foods, and do not use a straw. You must maintain a nutritious, high protein diet and drink plenty of fluids. Eat soft foods such as pasta, mashed potatoes, applesauce, pudding, soup, Jell-O, and chopped or blenderized foods, as well as chicken, fish, and cooked vegetables. Ensure or Slim Fast-type products are a good source of nutrition. Smoking will delay healing.

**Brushing:** You should not brush the surgical area until after the stitches are gone. The ultrasoft toothbrush, a Q-tip or a washcloth may be dabbed gently over the gums, packing and stitches. You should continue to maintain your usual hygiene methods in the other areas of your mouth. Do not use an electric toothbrush on the surgical area for six weeks. Gentle rinsing with warm salt water (1/2 tsp. salt to eight ounces of water) several times a day for a week is recommended. You may use diluted mouthwash (1/2 water) beginning on the second day.