

Post Operative Instructions: Periodontal Surgery

After today's periodontal surgery, it is normal to experience a dull, achy feeling for a day or two following treatment. Carefully follow all instructions to achieve the best result to aid healing.

- A little light bleeding after treatment is normal and you should avoid brushing or chewing in the treated area.
- Should excessive bleeding occur, apply firm pressure with a moist gauze pad or tea bag for 30 minutes. If bleeding continues call the office for further instructions.
- Ice packs, 20 minutes on/20 minutes off etc. help reduce swelling. Ice packs should only be used during the first 24 hours.
- 24 hours after the procedure, rinse with warm salt water three to four times daily for up to a week.
- Eat "soft foods" only, until you can chew without difficulty.... try cream soups, gelatin, ice cream, yogurt or applesauce – and nothing too hot or too cold. Do not drink alcoholic beverages and **avoid smoking**. Do not drink liquids through a straw as the suction may damage the treated area.
- Follow all directions on all medications carefully and fully. Continue to take all medications for the indicated length of time, even if symptoms are reduced. Please avoid strenuous exercise for the first 48 hours after treatment.

Call our office if you have any question or problems.
After hours, Dr. Michaels can be reached at 416 219 2513