



# r.a.campbell

## DENTISTRY

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### Periodontal Surgery Home Care Instructions

**Discomfort** - After any surgical procedure a certain amount of discomfort is expected. By taking the prescribed medications as directed, your discomfort should be reduced.

**Bleeding**- Slight oozing is normal for the first day following surgery. To minimize post-operative bleeding you should avoid rinsing for 24 hours, exercise, and eating hard or sharp foods that may further traumatize the wound. If bleeding does occur, apply pressure to the area for twenty minutes with pieces of damp gauze or a tea bag. If bleeding is severe and does not stop please contact Dr. Goodman.

**Diet** - Although your mouth may be sore it is very important to consume fluids the day of surgery. Example: Milk shakes, Ensure, Orange juice and milk. Clear fluids such as soup broth, juice and ~~juet~~ are recommended for the first 24 hours. Soft foods such as eggs, mashed potatoes, yogurt and ice cream are recommended for 2-3 days following surgery. Avoid foods with small particles that can become trapped under the flap such as nuts, fruits with seeds, chips etc. It is important to eat a full but modified diet as your body needs proteins, vitamins, minerals and calories to heal and fight infection. 500 mg of Vitamin C per day may also help healing. Avoid extremely hot and spicy foods. Avoid alcohol as it can interact with the medications you are taking.

**Swelling** - To minimize swelling, apply ice for 20 minutes on/ 20 minutes off for the first 24 hours. Sleep with an extra pillow above your head for the first night and take the anti-inflammatory medications Dr. Goodman recommended. Expect swelling to reach a maximum 2-3 days following surgery. Some bruising may occur and should not alarm you. You may also experience stiffness of the jaw, which can be relieved with gentle stretching on the 2<sup>nd</sup>- 3<sup>rd</sup> post-operative day.

**Oral Hygiene** - It is very important to keep your mouth as clean as possible to reduce the chance of infection. You should brush your teeth at least twice a day, every day following surgery. Do not brush the area of surgery as you will traumatize the site. Dr. Goodman will advise you at your follow up visit when you can start brushing the surgical area. Use Chlorhexidine mouth rinse two times a day starting the same day of surgery. Make sure you brush before using the rinse (this can reduce staining), and rinse for a full 30 seconds. Remember not to drink or eat for 30 minutes following rinsing.

**Rest** - After surgery you should try to rest as much as possible for 1-2 days to allow your body to heal. Avoid exercise as it will increase your heart rate and blood pressure which can lead to increased swelling and bleeding.

**Smoking** - Do not smoke for at least 72 hours to reduce post-operative pain and chance of infection. Healing is significantly compromised in smokers. Do not drink alcohol as it may interact with the medications you have been prescribed.

**Sedation**- If you received any form of sedation at your appointment, do not drive your car or participate in any activities that will require you to be alert and of sound mind for 24 hours. Go directly home after you fill your prescriptions and rest.

**Females Only** - Antibiotics may interfere with the effectiveness of oral contraceptives (birth control pills). Therefore, you will need to use some additional form of birth control for one complete cycle besides just birth control pills after a course of antibiotics is completed.

The major concern of this office is your comfort and the success of your surgery. If you have any problems, please do not hesitate to contact our office at 905 623 9383