



International Member
American Academy of Periodontology



Dr Kuljeet Mehta Specialist in Periodontics and Implant Surgeon
Practice Limited to Periodontics and Dental Implants
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ADVICE FOR PATIENTS AFTER PERIODONTAL SURGERY

PLEASE READ AND FOLLOW THESE PROCEDURES. THEY WILL MAKE YOU MORE COMFORTABLE
AND PREVENT ANY POSSIBLE COMPLICATIONS.

What to expect following surgery:

PAIN: It is difficult to predict the degree of discomfort you will experience. Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.

SENSATION: There may be a temporary loss of feeling in the gums in the operated area. The teeth may be sensitive to hot and cold temperatures.

TEETH: Your teeth may feel slightly loose for some weeks; this is until the gums heal back onto the teeth.

BLEEDING: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

SWELLING: Some swelling and discoloration of the lip and/or cheek may occur. This usually starts to subside after two days.

What to do following the surgery:

PAIN KILLERS: Normally discomfort is tolerable but not always. If you have a long journey some appropriate pain killers may have been given to you. As the anaesthetic wears off, if you feel something is needed, take the normal dose of whatever mild pain killer suits you. Ibuprofen is the most effective among this kind of medications (1-2 tablets 2-3 times a day according to the discomfort), but Paracetamol can be used as well. AVOID using Aspirin since it may cause bleeding.

Nausea is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a large glass of water.

Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.

DAILY ROUTINE: After leaving the clinic, rest and avoid strenuous activities for the remainder of the day. Exertion should be avoided in the first few days and sensibly, a light schedule should be arranged in your diary for the first forty-eight hours.

STITCHES: There may be some 'stitches' keeping the 'flaps' in place round the teeth. Do not under any circumstances attempt to remove these at home. They will be removed at your next appointment. Avoid lifting the lip with your fingers to look at the area. It is possible to accidentally tear the sutures, open the incision, and delay healing.

Dr. kuljeet Mehta, BDS, FDS RCS (Eng), MClintDent, MRD (Perio) RCS (Ed) Registered Specialists in Periodontics.
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Procedures include: Treatment of Periodontal Disease - Gum Disease, Dental Implants, Cosmetic Periodontics including Gum Grafting, Crown Lengthening, Ridge Preservation, Bone Regeneration & Bone Grafting.

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DIET: It would be wise to adopt a soft diet in the early stages and also to avoid very hot or very cold food or drink during the first 24 hours. Maintain a good, balanced diet. Drink plenty of water. Avoid chewing directly over the operated area until the sutures are removed.

TOOTHBRUSHES: Should you be brushing, flossing and bottle brushing? Yes, but not the teeth involved in the surgery during the first two week unless you are told by your periodontist. Take care to avoid pulling the sutures.

MOUTHRINSING: After 24 hours use a hot salt-water mouth wash every 4-6 hours. Place a half teaspoon of salt in a tumbler of water as hot as you can comfortably hold in your mouth. Gently and slowly rinse. You will find this gives considerable relief. Do not rinse vigorously.

CORSODYL: A bottle of prescription for a special mouth wash may have been given. It is important to us this for the next two weeks AFTER brushing at night and in the morning. Some staining of the teeth may occur but this will be removed by polishing later.

ANTIBIOTIC: If you were given an antibiotic prescription, take all of them as directed until they are gone.

Women: Some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

SMOKING: Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body. Smokers should quit for at least one week.

PACKS: A special pink pack may have been placed over the surgery site to keep the tissues 'in place'. Do not attempt to remove it. If bleeding occurs, arrest the bleeding by applying steady pressure to the area with a wet handkerchief or gauze for ten minutes. Do not be concerned if part or all of the pack is lost.

SINUS: If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

DOUBT: If you are concerned that healing is not going well please contact the Clinic for appropriate advice.

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.

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