

Thomas J Mone DMD

Practice limited to Periodontology and Dental Implants

Patient Self-Care Following Gingival Surgery

ACTIVITY: After leaving our dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible for the remainder of the day. Avoid strenuous activity and aerobic exercise for the next 3 days. Avoid disturbing the area or looking at the site frequently as this will pull the tissue away from the teeth.

DISCOMFORT: Some discomfort may be present when the anesthesia wears off. We suggest 2 Ibuprofen [Advil or Motrin] every 4 hours for the first 2 days. This drug will greatly decrease the possibility of post-surgical swelling and pain and has been shown to accelerate healing. After the first 3 days 2 Advil taken every 4-6 hours as needed, should keep you comfortable. Should intense discomfort occur at any time after the surgery, please take the narcotic medication (if one has been prescribed for you), as directed, or telephone the doctor and he will phone in a narcotic prescription for you. You may take both the narcotic and Ibuprofen together. Their analgesic effect will be synergistic.

INFECTION: If you have been given an antibiotic please continue taking it until all of the tablets have been taken. If you notice that after a few days, pain or swelling are increasing or that you are experiencing an elevated temperature, please call the doctor.

SWELLING: It is normal for some swelling to occur after surgery, particularly in the lower jaw. To minimize swelling after surgery, apply an ice bag wrapped in a light tea towel or handkerchief to the outside of your face over the operated area. This should be left on your face for about 15 minutes, then removed for 15 minutes, or alternated from side-to-side, between operated areas, as much as possible during the day of surgery. The use of both ice and the NSAID analgesic as described above will reduce the amount and duration of facial swelling.

After day 2 use heat application to the face to reduce swelling and soreness, 15 minutes on and 15 off as often as possible if soreness or swelling are present.

BLEEDING: It is common to have slight bleeding for a few hours following periodontal surgery. If bleeding persists, apply damp gauze squares to the surgical site with firm but gentle pressure for 15-20 minutes. Let yourself rest for 15 minutes then repeat the application of the gauze for a second time if you still have slight bleeding. If excessive bleeding continues, please call our office. Remember, most of the blood you may see in your mouth is actually a little bit of blood mixed with a lot of saliva - blood is a very strong "dye" and a little bit of blood will color your saliva dramatically.

ORAL HYGIENE: Brushing and oral hygiene procedures should be done as usual in all **untreated areas**. Do not brush or floss the treated area. Utilize the prescription mouthrinse, Peridex, to clean the treated area. In areas covered by periodontal dressing, brush only the chewing surfaces of teeth. Avoid dental flossing in operated areas during the first week following surgery. No undiluted mouthwash, salt water or peroxide rinses should be used during the first week following surgery. Also avoid the use of water irrigation devices such as Water-piks for 2 weeks following surgery.

EATING AND DRINKING: Do not try to eat until all anesthesia (numbness) has worn off. High protein foods and liquids are desirable for 3-5 days following surgery. Semi-solid foods may be eaten as long as this may be done comfortably. . Eggs, custard, yogurt, pasta, fish, steamed vegetables, casseroles, cooked cereals are some things that you might consider eating during the first few days following your surgery. Avoid spicy, salty, acidic, very hot or very cold foods or liquids. Also, avoid nuts, chips or other crunchy or fibrous foods that may become caught between your teeth. Please refrain from drinking alcoholic beverages the day of surgery.

USE OF REMOVALBLE DENTAL APPLIANCES: If you normally wear a removable appliance which replaces missing teeth, and it rests on the operated area, it is best to minimize use of this appliance as any pressure on the surgical site could be detrimental to healing and cause discomfort.

Dr. Mone can be reached at the office 781-848-2775 or at his home 781-923-1242 or cell 781-789-0582 if you have a question or are having a problem.