Scituate Periodontics, LLC

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Practice limited to periodontology, implants, and temporomandibular dysfunction

HOME CARE ADVICE FOLLOWING PERIODONTAL SURGERY

These home care instructions will help ensure your comfort and speed the healing of your oral tissues after periodontal surgery. Please take time to read them carefully and carry them out diligently.

1. To relieve pain
   If a prescription for pain relief has been issued, please have it filled as soon as possible and take it as directed. Most people find they only need medication within the first 24 hours, and then switch to 2 or 3 tablets of Tylenol, Advil, or Motrin every 4 hours, if necessary. Remember, NO ASPIRIN, as this can cause bleeding.

2. After leaving the office
   Try to take it easy today. You may eat now (try to chew on the other side), and you may resume your daily routine if you wish. If you will be taking a narcotic today, remember NOT to drive, to operate machinery, or to make any important decisions. DO NOT RINSE, SPIT OR USE A STRAW TODAY, for this may cause bleeding. Some slight blood stains may appear in the saliva during the first few hours after periodontal surgery. Do not be concerned.

3. To control bleeding
   If prolonged bleeding occurs, cover the area with a U shaped piece if gauze (or wet teabag), and squeeze the gauze between the thumb and forefinger to apply firm pressure. This should be held for about 20 minutes without lifting up the gauze to see if the bleeding has stopped. DO NOT RINSE away the blood. Just wipe it away. Repeat if necessary. Once bleeding has stopped, do not eat or drink for 3 hours.

4. To minimize swelling
   Apply an ice pack (ice bag or ice cubes in a plastic bag covered with a cloth towel) to your face for 15-20 minutes. Repeat the application 20 minutes on and 20 minutes off for the next 6-8 hours, while awake. Do not apply cold packs after this period. Warm, most heat may help tenderness after the first 24 hours.

5. To keep the periodontal pack or dressing in place
   Do not touch the pack or dressing with fingers, tongue or toothbrush. The site has been covered with a special type of periodontal packing or dressing. This dressing should remain in place until your next post-operative appointment. If small particles of the pack chip off, do not be concerned. Should any packing become loose, remove it and KEEP THE EXPOSED AREA CLEAN with a cotton swab. If you are uncomfortable, call the office for an appointment.

6. To promote oral hygiene and avoid bad breath
   For those teeth and gums that were not involved in the periodontal surgery and are not covered by the periodontal dressing, simply maintain their cleanliness according to the plaque control instructions that you have already been given. For those areas of the mouth that have

undergone surgery and are covered by a periodontal pack, you may gently brush the biting (top) surfaces of the teeth, but DO NOT brush the dressing. Also, brush the top of your tongue and DO NOT SMOKE. Smoking can be irritating and delay healing. This procedure will help keep your mouth feeling fresh and avoid bad breath. Warm saline rinses (1 teaspoon salt to 6 oz. warm water), or any commercial mouthwash beginning the day after surgery, will also help to keep your breath fresh while the periodontal dressing is in place.

7. To be nourished adequately
   Drink liberal amounts of cold fluids. If you have eaten poorly prior to periodontal surgery, take a multivitamin B complex and a Vitamin C capsule, such as Theragran or Albee with vitamin C for seven consecutive days. Avoid alcohol, spicy food, and hot beverages while the periodontal dressing is in place. HARD foods, such as French bread, are to be avoided, as they may dislodge the periodontal dressing. A soft diet which consists of the daily recommended services of each of the 4 Basic Food Groups is HIGHLY RECOMMENDED, as good nutrition is especially important for faster healing.

8. Avoid excessive exertion for 48 hours

9. In an emergency
   Please call the office at 781-545-7800 during office hours, if possible. You can also reach Dr. Hassan in an emergency on his cell at 617-733-7979.

10. What to expect after removal of periodontal dressing or pack
    Because periodontal disease is caused by bacteria, the desired result is for the inflamed gums to shrink. As a result, your teeth will fell and appear longer, even though more gum tissue is now attached then before. With diligent home care, you can prevent periodontal disease from recurring. After the periodontal dressing is removed, the single most important thing is to remember to thoroughly clean the teeth and gums. Sensitivity and bleeding are normal and will go away or decrease with time and only with good home care. Do not let the plaque get between the healing gum and tooth, or a new pocket will result.

11. What to expect after completion of surgical treatment
    Just because surgical treatment is completed, this does not mean that you are cured. You will always be susceptible to the periodontal disease causing bacteria. These bacteria take 42-90 days to return to the destructive level again. Therefore, it is absolutely necessary for you to return on a frequent basis, for cleanings which will destroy bacteria before they may begin to destroy your gum and bone tissue. Remember, meticulous home care (e.g., brushing, flossing) on your part is the key to success of periodontal treatment and to saving your teeth for a lifetime.

Please also remember, we are always here to answer your questions and to help. Please do not hesitate to contact us; your continued health is our most important concern.

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