

## Post-Operative Instructions for Periodontal Surgery

### Work/ Exercise

Please go home and rest today. You may return to work tomorrow. If you choose to lie down, keep your **head elevated** on two pillows. Try to **limit speaking for the first hour** after surgery. **Strenuous exercise** should be avoided for 5 to 7 days.

### Medications

Take your antibiotics as prescribed. It is usually best **not to take any medication on an empty stomach**. You may take your prescription pain medication as needed, however, most patients find that **ibuprofen 600mg**. (Advil, Motrin) is very effective. It is helpful to take the first dose of ibuprofen immediately after surgery and before the anesthesia wears off. You may take a second dose as early as four hours after the first.

### Ice Packs

It is advantageous to place an ice pack on the cheek adjacent to the surgery site in a 5 minutes on/5 minutes off manner immediately after surgery. No ice should be used after the first 24 hours.

### Periodontal Dressing

A periodontal dressing is often placed around the treated teeth. Occasionally this dressing may become loose and fall off. If this occurs, simply throw the dressing away as this is not a problem and of no concern.

### Food

Limit your diet **today** to liquids and very soft foods. **Do not drink through a straw** as this can cause bleeding. Cold beverages are advised for the first two or three hours. Soup or warm beverages may be consumed if only warm and not hot. **Tomorrow** you may return to a more normal soft diet being careful to **chew only on the non-treated side**.

### Brushing

**Do not brush the treated area for one week** following surgery. The other non-treated areas you may brush normally. On the **second day** after surgery, begin gently cleaning the treated teeth with a **cotton swab dipped in Listerine**. You may **gently swab the teeth and gum-line** or dressing.

### Rinsing

**Do not rinse or spit today**. **Tomorrow** begin rinsing two or three times a day with Listerine.

### Contacting Dr. Burns

In case you have any concerns after your procedure, you may contact Dr. Burns by calling our office number (404-929-9957). After hours and on weekends, **follow the voice mail prompt to activate our paging system.**