



What to do After Periodontal Surgery, Crown Lengthening and Oral Surgery

Summary Instructions

- Take Pain medications every 4 to 6 hours, for a minimum of one day. Take stronger pain medication as needed. (Discontinue if discomfort subsides.)
- Take antibiotic if prescribed. Finishing prescribed dose.
- Apply Ice to site 20 minutes on 10 off (for 4-6 hours)
- Avoid extremely hot or cold food and beverages
- Expect minor bleeding (if more general instructions)
- Rinse as instructed
- No exercise for 24 hours
- Detailed Instructions

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 2-3 days.

DISCOMFORT: Some discomfort may be present when the anesthesia wears off. You have been given a prescription for an anti-inflammatory (NSAID) analgesic. Please take this every 4-6 hours or four times per day for the first day. 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 Tylenol, or 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 NSAID together. Their analgesic effect will be synergistic.

INFECTION: If you have been given an antibiotic please continue taking it as instructed on the bottle. 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 5 minutes, then removed for 5 minutes, or alternated from side-to-side, between operated areas, for 2-3 hours after surgery. The use of both ice and the NSAID analgesic as described above will reduce the amount and duration of facial swelling.

BLEEDING: It is common to have slight bleeding for a few hours following periodontal surgery. If bleeding persists, apply a tea bag 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 tea bag 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 colour your saliva dramatically.

ORAL HYGIENE: Brushing and oral hygiene procedures should be done as usual in all untreated areas. In exposed, operated areas limit your oral hygiene to brushing using a soft bristled toothbrush. 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 1 month following surgery. The exposed operated areas should be gently swabbed with a Q-tip (cotton tipped applicator) saturated with Chlorhexidine as a last oral hygiene procedure at bedtime and again in the morning, after eating and drinking.

EATING AND DRINKING: Do not try to eat until all anaesthesia (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, 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 which may become caught between your teeth. Please refrain from drinking alcoholic beverages the day of surgery.

Follow Up Appointment

It is very important to have the socket checked after extraction so making/keeping the follow up appointment is very important. It will also let us let you know about your other short/long treatment options. Remember, any problems, then WE WILL SEE YOU VERY QUICKLY

Contacting Us

If you wish to contact us then please ring 01908 690326 during surgery hours. 07973 227415 (DG's mobile anytime), NHS 111 after hours). Post Extraction pain and bleeding can be quite distressing and we are happy to see patients.

REMEMBER if you have an emergency and you can't contact us and it involves

Swelling effecting the throat, tongue or airway;	Blockage effecting the throat, tongue or airway;
Rashes anywhere on your body after treatment	Severe pain
Rashes anywhere on your body after taking medication	Bleeding that does not stop with pressure
Bleeding that continues for more than 2 hours after treatment	Bleeding that worries YOU

Then call 111 or GO TO CASUALTY STRAIGHT AWAY