



JOHN B. FONTANA, III, DMD, MS
PERIODONTICS AND DENTAL IMPLANTS

POST-OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.
2. Do not rinse vigorously, spit forcefully, or drink through a straw for one (1) day so the blood clot will not be disturbed.
3. Today, rest as much as possible with your head elevated. No vigorous exercising for one (1) day.
4. Slight bleeding is normal for up to 24 hours following surgery. If persistent bleeding occurs, place a wet teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.
5. Do not pull back the lips or cheeks to look at the area as this can disturb the surgical site and increase complications.
6. Do not eat by the surgical area for one (1) week. Soft nutritious foods will be necessary for the first few days. Avoid acidic and crunchy foods. Drink plenty of fluids.
Suggested foods: Broth, soups, soft bread, eggs, vegetable juice, mashed potatoes, ground meat, soft cheese, ice cream, milkshakes, Jell-O, bananas, pudding, and oatmeal
7. Do not use tobacco or drink alcohol as these will delay healing.
8. Swelling can be lessened by placing a cold compress on the face alternating on and off every 20 minutes during the first 72 hours.
9. Take all medications the Doctor has prescribed for you according to directions.
10. Starting 24 hours after surgery, you may *gently* rinse your mouth with ¼ teaspoon salt in 8 ounces of warm water three (3) times a day to reduce inflammation.
11. After treatment, proper oral hygiene must be maintained to aid in healing. For the first week, avoid brushing and flossing the surgical area. Instead, use the prescribed rinse as directed after brushing all other areas in the mouth. You may be provided with an extra soft brush to use in the area one week after surgery. Gentle flossing and regular brushing in the area of the surgery can be resumed in 2-3 weeks.
12. After periodontal surgery, sensitivity of the teeth may occur. This can be remedied by maintaining proper oral hygiene and by the use of specifically formulated desensitizing toothpastes, such as Sensodyne or ProNamel.
13. Return for your appointment to have any sutures removed. If the sutures loosen or come out within three (3) days, please inform the office.
14. If you have any questions, please call our office at (302) 734-1950. **IN CASE OF EMERGENCY AFTER HOURS, PLEASE CALL (302)598-6861.**