

Dental Practice of  
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*Capitol*  
**PERIODONTAL**  
G R O U P  
*Periodontics & Implant Dentistry*  
*Established 1974*

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## CARE OF YOUR MOUTH FOLLOWING PERIODONTAL SURGERY

Resting the day of your surgery and following these instructions will help ensure early, comfortable and complete healing.

**1. DISCOMFORT** – To help control the discomfort, **please take your pain medications as soon as possible unless you have been instructed otherwise.** Eating prior to taking narcotic medications (such as Norco or Tylenol with codeine) is important to reduce the chance of nausea. **Please avoid taking aspirin or aspirin-containing compounds. If you can safely take Ibuprofen (Motrin, Advil), it is the preferred medication for inflammation and discomfort. (Take it regularly as instructed. 400 mg of Ibuprofen can be taken every 4 hours. You can supplement the Ibuprofen with the narcotic medication as needed. This may reduce the amount of narcotic medications needed.)**

**2. BLEEDING** – Slight oozing of blood may occur for the first 24 hours. If excessive or continuous bleeding occurs, do not rinse and avoid exertion. Prolonged bleeding can usually be controlled at home by using a moist gauze pad or a moist tea bag (Black Tea only), **applied with firm finger pressure** to the bleeding area for 20 minutes or more. **Uninterrupted pressure is key.** AVOID EXCESSIVELY HOT LIQUIDS THE FIRST SIX HOURS AFTER SURGERY, as this can cause bleeding. Also, avoid spicy or acidic foods.

**3. PRECAUTIONS** – **For the first 24 hours, please do not do vigorous deliberate rinsing. Do not spit. DO NOT DRINK THROUGH A STRAW.**

**4. SWELLING** – Swelling may accompany surgery. **It is important to apply ice packs as soon as possible after surgery and continue this for the first 8-10 hours.** The packs should be applied for 15 minutes on and 15 minutes off. After 24 hours, if swelling has occurred, warm moist compresses can be applied to help reduce swelling. Ibuprofen may also reduce swelling faster.

**5. DRESSING** – A dressing or putty type material may be used to cover the surgical area. Please do not touch. If small pieces of the dressing break off after a few days, it is of no concern unless the area becomes uncomfortable. Otherwise, we will remove the rest at your suture removal appointment.

**6. SMOKING** – Please do not smoke, or at least greatly restrict your smoking following surgery, to help improve your healing and surgical results.

**7. DIET** – Diet should usually be limited to soft foods for the first few days. **It is important to maintain a good diet.** Nourishing and easy-to-eat foods include milkshakes, cottage cheese, yogurt, soup, ground meat, etc. Nutritional supplements such as Meritene, Nutriment, Ensure, etc. may be used for one or two meals.

**8. BRUSHING** – Do not use an electric toothbrush until instructed.

**9. CHLORHEXIDINE RINSE** – After 24 hours, rinse gently with ½ capful for at least 60 seconds twice a day. Do not eat or drink for 30 minutes after using.

**IF YOU HAVE ANY QUESTIONS, PLEASE DO NOT HESITATE TO CALL.  
A DOCTOR IS ON CALL TO HELP YOU AT ANY TIME.  
THE AFTER-HOURS EMERGENCY NUMBER IS (916) 236-3122.**

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