

# Homecare Periodontal Surgery

## Homecare recommendations

Now that you've had surgery on your gums, it's important to follow these recommendations to speed healing.

### Chewing and eating

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

Don't eat anything for at least two hours following surgery. For the first 48 hours, select a soft diet until you can chew comfortably.

Avoid alcoholic drinks and hot or spicy foods until your gums are healed.

### Tobacco use

Don't use any tobacco products for at least 72 hours because tobacco slows healing.

### Brushing and flossing

Brush and floss the non-treated areas normally.

Clean the treated areas by gently rinsing with warm water or mouthwash. However, avoid frequent or vigorous rinsing until the area has healed.



*Avoid tobacco*

## Medications and discomfort

If antibiotics were prescribed, continue to take them for the indicated length of time, even if all signs and symptoms of infection are gone.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It's normal to experience some discomfort for several days. However, don't take pain medication on an empty stomach, or you may experience nausea.

To further reduce discomfort or swelling, rinse your mouth very gently three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.

## Controlling bleeding

Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.

Some slight bleeding is normal for a day or so following surgery. If bleeding persists, apply firm pressure with a gauze pad or bite on a clean, moist tea bag for 20 minutes. If this does not control bleeding, call us.

## When to call us

Call our office if bleeding, swelling, or discomfort increases or continues beyond three or four days, or if you have any questions or concerns.



*Take medications as instructed*



*Call if discomfort continues*