



**LAURENCE H. STONE, D.D.S.**

**COSMETIC & GENERAL DENTISTRY**

*For the smiles of your life.*

## **INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY**

The following instructions have been prepared to help answer the many questions that you may have regarding the treatment which has just been performed. Please read the instructions carefully. If any questions remain unanswered, please do not hesitate to call the office.

1. Apply ice packs to face: 20 minutes on, 20 minutes off during the day and evening after the surgery, to reduce swelling. This is very important.
2. Do not rinse or use mouthwash for at least 12 hours. After 12 hours rinse with warm salt water (1/2 teaspoon table salt in 8 oz. of warm water), approximately 3 to 4 times a day.
3. Drink liquids every few hours. Do not consume liquids through a straw for the first 12 hours. This creates a vacuum and may cause bleeding.
4. You may expect some slight bleeding during the first 12 hours. This may be controlled by application of a damp tea bag to the bleeding area. Under no conditions should rinsing be used to stop bleeding.
5. You should expect some moderate discomfort, but not suffer severe pain during healing.
6. Take medication according to directions.
7. The toothbrush may be carefully used in the area of the mouth not involved in the surgical procedure. **Do not use an electric toothbrush for six weeks after the surgery.**
8. Stay on a soft diet for 2 days; then resume normal diet, attempting to chew on the side not involved in surgery. A soft diet includes any food that can be cut with a fork.
9. We would like the periodontal packing to remain in place for 5 - 7 days. Should it come off sooner, do not be concerned, but please rinse after all meals to keep food out of the surgical area.

Feel free to call upon us at any time, for it is our desire to have you be as comfortable as possible during the healing period.

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