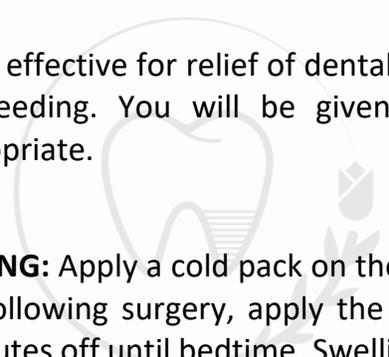


(POST TREATMENT INSTRUCTIONS)

Please follow these instructions after periodontal surgery as they are necessary for both your comfort and to obtain a good result.

1. **PHYSICAL ACTIVITY:** After leaving the office, relax for the remainder of the day. Avoid strenuous exercise and physical activity for the next 2-3 days.
2. **BLEEDING:** Pink saliva is normal for several days following surgery. In the case of increased bleeding, apply pressure to the surgical area with moistened gauze or 15 minutes. If the bleeding continues, a wet tea bag (not herbal tea) can be placed over the bleeding area and hold it against the site gently. Until bleeding is controlled, avoid eating or strenuous activity. Relax in a reclining chair or elevate your head with pillows. If there is no change in the amount of bleeding, call the periodontist immediately.
3. **PAIN:** Ibuprofen is very effective for relief of dental pain. Avoid Aspirin because it may contribute to bleeding. You will be given a prescription for stronger medication if it is appropriate.
4. **SWELLING AND BRUISING:** Apply a cold pack on the face next to the surgical area as soon as possible. Following surgery, apply the cold pack in a rotation of 20 minutes on and 20 minutes off until bedtime. Swelling is normal and may increase up to 3 days following surgery. Bruising of the gums, face, and neck is common following surgery. Do not pull back the lips or the cheek to look at the surgical site. Do not use a straw, as suction can start bleeding.
5. **ANTIBIOTICS:** Antibiotics are commonly prescribed as a preventative measure to avoid infection. Take the antibiotics according to the prescription and until completion.
6. **TOBACCO AND ALCOHOL:** Tobacco and alcohol consumption delay healing and may cause a compromised result. Never consume alcohol when taking prescription medications. Do not use tobacco or alcohol during the healing period.



7. **DIET:** It is best to wait 1-2 hours following surgery before eating. Cold and soft liquids are best for the first two meals. After 12 hours, foods that are soft may be consumed. Avoid hard foods, any foods with seeds, and chew using teeth away from the surgical site. Maintain normal fluid intake. Do not use a straw.
8. **ORAL HYGIENE:** Following surgery, proper hygiene must be maintained during the healing process. The prescribed mouth rinse should be used according to the instructions provided to help aid in keeping the surgical site clean. All other teeth and gums not affected by the surgery should be cleaned twice daily with a tooth brush and floss. Do not spit.
9. **SINUS LIFT:** Do not blow your nose. If you must sneeze do so with an open mouth. Limited bleeding from the nostril on the surgical side of the body is normal. You may notice small granules in your mouth/nose for several days following surgery. This is normal, but contact your periodontist if you notice granules in your nose. Avoid flying in an airplane, scuba diving, or any other activity that increases the pressure in your nasal or oral cavity.
10. **COMPLICATIONS:** Post periodontal surgical complications are very rare. However, do not hesitate to contact your periodontist or the clinic at any hour should a problem arise.
11. **GENERAL:** If there is persistent bleeding, severe discomfort that cannot be relieved, extensive swelling, or any other problem that does not appear to be normal, please do not hesitate to call the periodontist or your general dentist office.

Give us a call if you have any questions or concerns

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