



PERIODONTAL INFORMATION

WEB ADDRESSES:

- cap-acp.ca
- perio.org

INFORMATION AND INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

Will I experience much pain after anaesthesia wears off?

There may be some discomfort and possibly some swelling. This is normal. Before the anaesthetic wears off you may be advised by the Doctor to take one or two pain pills if prescribed. If required, take more pain pills according to the instructions on the prescription. To reduce swelling and discomfort, use an ice pack on the outside of your mouth for the first few hours, 10 minutes on and 10 minutes off. If you do not have an ice pack, put some ice cubes in a plastic bag and wrap it in a towel or use frozen peas/corn wrapped in a towel. Swelling will reach a maximum at about 2 to 3 days and then start to slowly subside. Ice packs will only be effective if used during the first few hours. Bruising, although unsightly, will not affect the healing.

Will my gums bleed following surgery?

It is not unusual to have some light bleeding for 24 hours following periodontal surgery. The blood, however, should not be in large clots. A small amount of blood mixed with a large amount of saliva makes it appear to be more blood than it truly represents. If there is CONSIDERABLE bleeding after several hours, take a piece of gauze and form it in the shape of a "U". Hold it between the thumb and index finger; apply the gauze to both sides of the surgical site with gentle pressure for twenty minutes. If bleeding still does not stop, please call the office. **Under NO circumstances should rinsing be used to stop the bleeding.**

What may I eat?

Soft food. Bland diet. Nothing hot or cold and no spicy foods for the first 24 hours. After 24 hours you may eat normally, but avoid chewing in the area of the surgery.

May I smoke?

Preferably NO but at least reduce smoking.

May I have a drink?

No drinking of alcoholic beverages for the first 24 hours after surgery. It may cause bleeding to start from the surgical site and "pain pills" and alcohol do not mix.

Shall I brush and floss my teeth

Do not brush or floss in the area of the surgery until advised to do so by your Doctor. Gently rinse the mouth periodically AFTER 24 hours with warm salty water or any prescribed mouth rinse. This will promote healing. Brush and floss the other areas of the mouth as usual.

Exercise?

Avoid exercise for the first 48 hours. If possible, go home immediately after surgery, relax and try to stay as quiet as possible with minimal physical activity or talking. If you have to go back to work, try to avoid talking and physical exertion as much as possible during the first day or two. On a hot day, do not sit in the sun.

How do I care for my Periodontal Pack? (if placed)

The material around your teeth is a periodontal pack and is comparable to a surgical dressing used in other types of operations. It serves a very useful function and should not be disturbed. Depending on the type of pack placed, small particles may chip off during the week. If a sizeable portion of the pack breaks off after 4 to 5 days, simply remove as much of it that came loose. Should you have pain at any time as a result of the pack breaking, please call the office. You may gently clean the outside of the periodontal pack with a soft toothbrush or Q-tip.

When may I resume normal and proper brushing?

We will give you instructions on how to clean the surgical site at the post-operative appointment. If the dressing comes off early, simply rinse your mouth twice a day with warm salty water or any prescribed mouth rinse.

What may I notice during the course of treatment?

Teeth may sometimes appear to be more loose and perhaps will be until complete healing and final therapy is rendered. DO NOT get into the habit of moving teeth with the tongue or grinding or clenching the teeth together. You will experience significantly more discomfort as a result of such clenching and grinding.

The roots of the teeth may be sensitive to hot and cold, toothbrushing and some foods. Once healing of the gums is complete, this sensitivity will gradually decrease AS LONG AS THE TEETH ARE KEPT FREE OF PLAQUE BY BRUSHING AND FLOSSING. If it continues over a longer period of time, please notify the office as this can usually be corrected by the use of desensitizing solutions, special toothpastes or fluoride.

What about Emergencies?

If an emergency arises after office hours, we can be reached through the office at 604-590-5010

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