

Post-Operative Instructions for Periodontal Surgery

After your surgery...

The essential thing to remember after oral periodontal surgery is to avoid excessive exertion of any type for 24 hours. It is best to rest as much as possible the day of the surgery, so healing will be optimal. You should be able to return to normal activities the day after surgery.

If taking medication...

If an antibiotic is prescribed for you, begin taking medication 2 days prior to surgery or as directed. It is important that you finish the antibiotic unless otherwise directed. Antibiotics may affect the use of birth control pills.

Following surgery, you may be given instructions to take Ibuprofen 600 mg along with Tylenol 500 mg (taking both medications at the same time every 6 hours) to minimize discomfort, and to reduce any post operative swelling for the first 2-3 days following surgery.

If you had stitches placed...

If sutures were placed in the surgical site, you will be informed if they are dissolvable or if they will need to be removed at your post operative visit. Dissolvable sutures will most likely resorb within the first 7-10 days following surgery.

If you had a sinus procedure...

If your surgical procedure consisted of any sinus involvement, try to avoid blowing your nose for the first 2 weeks following surgery, and only lightly wipe with a tissue. Also, try to refrain from sneezing, and if you have to do so, try to exaggerate the sneeze out of your mouth instead of your nose. An over-the-counter nasal decongestant may be used to help relieve sinusitis-like symptoms.

When brushing your teeth...

Do not use a tooth brush or floss on the surgical area until you doctor instructs you to do so. Only brush and floss the untreated areas of your mouth. If a mouth rinse has been prescribed; be sure to shake bottle prior to use. Use 3/4 tablespoon (10 ml) of Stella Life Oral Rinse 2-3 times daily with light swishing for 1-2 minutes each time following surgery for the next 2-3 weeks.

If you have received a prescription for Stella Life Gel, you will apply the gel to the surgical site 4-5 times daily. Gel can be applied with a cotton tip applicator or with your clean fingertip.

If you had a LANAP procedure...

If your surgical procedure consisted of LANAP Laser Therapy, do not be alarmed with any color changes or appearance of tissue following the laser therapy. Tissue can be gray, red, blue, purple, and "stringy" which are all normal response to laser treatments. Try to AVOID spicy or excessively hot foods. Do not be alarmed that beginning with just 2 weeks after laser therapy and extending as long as 1 year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become firm. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.

When eating...

You can chew efficiently but slowly in the areas of the mouth that have NOT been operated upon, Avoid hard, sticky foods that requires heavy pressure for chewing. Chewing should be avoided in operated areas for 2-3 weeks following surgery. Always use your best judgment and please refrain from using a straw in the next 2 weeks.

If you experience bleeding...

Occasional blood in the saliva may be expected. Some medications may increase post operative bleeding, such as Aspirin, Plavix, Xarelto, and Eliquis. A dark blood clot may form around the gum tissue. Try not to disturb the clot by attempting to remove it. It will eventually release on its own.

If your surgery involved soft tissue grafting and tissue was taken from your palate (roof of the mouth) and you experience excessive post operative bleeding, apply light to medium pressure to the palate using a gauze pack that was provided to you for 10 minutes. If the bleeding continues, rinse with ice water. A moistened tea bag may be used to apply pressure to the surgical site for at least 20 minutes.

If you experience swelling or discomfort...

You should expect some swelling and discomfort after the procedure. Swelling may increase until 3-5 days post operatively. We will provide you with an ice pack to place next to the treated area. Use the ice pack for 20 minutes on, 20 minutes off for 4-6 hours following surgery. This will help minimize swelling. When sleeping, it may be best to try and elevate your head to decrease swelling within the first 2-4 days following surgery.

It is normal to experience some soreness and discomfort in the surgical area up to one week following surgery. Sharp pains or pains that keep you up at night are not normal healing. Please inform your doctor if this occurs.

Please remember to avoid wearing light/white clothes to your procedure!