



# Benjamin K. Metz D.M.D., M.S.D., LLC

## Periodontics & Implantology

### MOUTH CARE FOLLOWING PERIODONTAL SURGERY

You now have a dressing covering the tissues that were surgically treated today. It is most important that you take the best possible care of these tissues while they are healing.

Let the dressing harden for 1-2 hours before eating or drinking anything warm.

#### LOSS OF A SURGICAL DRESSING

Small pieces of the dressing may occasionally break off in the days following surgery. If the area is small and your mouth feels comfortable, it is perfectly safe to wait until your next appointment.

If a sizeable part of the dressing comes off within the first 24 hours or the surgical area becomes extremely painful, please notify the office. It may be necessary to replace the dressing.

#### TOOTH BRUSHING AND RINSING

Do not brush your teeth on the day of surgery.

Do not rinse your mouth with anything on the day of surgery and do not spit forcefully.

After the first day, brush your teeth everywhere except where the dressing is placed. If the dressing comes off after 24 hours, you may brush the biting surfaces of the teeth around the surgical area.

Warm salt water (1 ¼ teaspoon salt to one cup of water) will aid the healing process and reduce swelling. An antiseptic mouthwash may be used carefully if desired.

#### DISCOMFORT

Following all types of surgery, a certain amount of pain can be expected. Take your pain medication if necessary as prescribed.

If pain persists or increases after the first 48 hours, please notify the office.

#### SWELLING

Use moist ice packs on the face (on 5 minutes, off 5 minutes) if swelling occurs during the first 24 hours following surgery. If swelling occurs after 24 hours, rinsing with warm salt water will help to control it.

#### BLEEDING

Expect a small amount of bleeding for a day following surgery.

Notify the office if the bleeding persists after a day or becomes heavy.

#### EATING

Do not eat or drink anything for 1-2 hours following surgery.

It is best to restrict your diet to fluids and soft nourishing foods, avoiding hard, chewy or spicy items.

***If you have any questions please call***

Office phone 614 882 5050