



Post Operative Instructions

Periodontal surgery today has few complications and is usually uneventful. After leaving the office you will need to rest. You will have minimal bleeding. We will see you 1-2 weeks following periodontal surgery for a post operative visit.

Sutures: Sutures are usually placed to keep the tissue in place. You will either have dissolvable gut sutures that will come out by themselves in 4-6 days or you will have silk suture that we will remove when we see you on your next visit.

Hygiene: The tissue in the area of surgery will be tender for several days. It is imperative to keep this area clean. Do not brush the area following the first 24 hours following oral surgery. Afterward, gently brush just the tops and sides of the teeth being very careful not to get near the gum tissue. You will need to gently rinse this area 3-4 times daily with lukewarm salt water. 1 teaspoon in a 8-10 oz glass. You will receive further instructions at your next visit. Keeping the area clean will increase healing and decrease the chance of pain.

Medication: If antibiotics are prescribed, it is vital for you to complete the course of antibiotics to ensure proper healing. Take pain medication as directed (usually 600mg ibuprofen every 4-6 hours)

Nutrition: After any surgery, it is important to stay well nourished and hydrated. We recommend clear liquids or room temperature Gatorade for the first 4-6 days following the procedure.

Activity: We recommend for you to limit your activities the day of the periodontal surgery. The more activity the more discomfort you can expect. When you do go to sleep, try to stay semi reclined and not flat. Place a towel over your bed sheets in case you experience any bleeding during the night.

Swelling: You may experience some swelling following oral surgery. You may use an ice pack in the affected area. Placing it on your face 30 minutes on and 30 minutes off for the first day to minimize swelling. Never use a heating pad or heat on your face.

Bruising: Some of our fair skinned patients or those on long term aspirin or blood thinners may bruise following Surgery. You may notice a late stage bruise on your cheek 3-5 days following surgery. It may take 7-10 days to fully go away.

Emergencies: If you experience anything unusual, have a reaction to the medication, continuous pain or need to speak with Dr. Ravanbakhsh, please call our office.