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INC.

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GENERAL POST-OPERATIVE CARE FOR PERIODONTAL SURGERY

The single most important thing to remember for this procedure is to **stay quiet and take it easy for a few days**. Returning to work or school should be alright in 1-2 days unless your job entails physical labour and/or excessive conversation.

DISCOMFORT OR SWELLING?

You should expect some swelling and discomfort after this procedure. Following post-operative instructions will minimize this (ie. applying ice and taking antiinflammatories especially).

You should use an ice pack to place over your chin, face or lips or the side of your jaw immediately after surgery. Keep this ice pack in place for 20 minutes out of every hour as much as you can for the rest of the day of the procedure. You can make an icepack by placing ice in a plastic bag wrapped with a lightweight towel or cloth. The ice pack reduces swelling & potential discomfort.

Take the antiinflammatories and/or pain killers for 5 days after surgery whether you feel any pain or not.

BLEEDING?

There is usually only a minimum amount of bleeding following the procedure. We suggest that you leave the gauze that we may have placed in your mouth after surgery for at least two hours. If you notice a small amount of bleeding from the area you can place another wet gauze or wet paper towel over the area with pressure and keep your head elevated with pillows. If you don't have this then use a fresh wet tea bag. Place this on top of the pink dressing we have placed in your mouth or over the bleeding site.

POST SURGERY RINSE & HYGIENE?

There is a pink protective "bandage" dressing covering the surgery site. This pink dressing will remain for one week. If the dressing falls out give us a call – depending on the surgery you may or may not have to replace it. Pieces of it may chip off during the week but do not let this concern you.

Rinse with chlorhexidine very gently without swishing. Continue this procedure for about one week, three to four times a day. Swishing vigorously will tend to slow the healing process and there is risk of bleeding. It is best that you do not try to rinse for the first 24 hours after surgery.

Do not attempt to brush or floss in the areas of the surgery for the first week. Keep your mouth clean with the chlorhexidine rinses – 30 minutes after toothbrushing as chlorhexidine is neutralized by fluoridated toothpaste.

DIET, EXERCISE & NUTRITION?

Diet and nutrition are very important. Eat soft bland food containing protein and Vitamin B complex. Food such as liver, eggs, milk, yogurt, avocados, pasta and whole grain or enriched cereals are better for you. An ascorbic acid supplement (Vitamin C) is recommended. Take 500mg of Vitamin C a day. During the first week after surgery, it may be necessary to use an electric blender for many foods. Do not chew anything but soft foods for the first week and try to eat on the opposite side.

Avoid exercise for the first 72 hours, walking can resume after 5 days. If possible, go home immediately after surgery, relax and try to stay as quiet as possible with minimal activity or talking. On a hot day, do not sit in the sun. Keep juices & fluids up even if you do not feel like eating in the first few hours.

Alcoholic beverages and smoking seriously retards the healing process in the mouth. It is best that you have no alcoholic beverages at all for the first week. It is especially important not to have any alcoholic beverages OR SMOKING for 72 hours.

NEXT WEEK?

Approximately 7 days after surgery the stitches/dressing will be removed. If something that appears like a "gum boil" appears any time during the healing process, it is very important that we inspect the area. Do not hesitate to call if there is any problem or if you have any doubt in your mind as to how the healing process is going, please call us.

In summary, use good common sense in caring for the surgical area during the initial healing period. All the above steps will help in healing faster. Do not hesitate to call the following number(s): office 851-2570