

CARE OF MOUTH FOLLOWING PERIODONTAL SURGERY

GENERAL INSTRUCTIONS:

1. If a periodontal dressing is used, it is important to keep it over the surgical site unless instructed otherwise. Portions or all of the dressing may come off after several days and will cause no problems. Avoid hot liquids such as coffee or tea for 1.5 or 2 hours after surgery, it may loosen the dressing.

2. Periogard is an antibacterial mouth rinse that you may have been given post-surgery. If the doctor recommended its use, lightly rinse the surgical site with 1/2 oz. twice daily for the first week in place of tooth brushing. If you were not given periogard, you may lightly rinse the surgical site with warm salt water every 3 hours (1 tsp. of salt in an 8 oz. glass of water), UNLESS you have high blood pressure and then a salt substitute should be used. **Brush your remaining teeth regularly, and keep your mouth as clean as possible during the period the operative site is healing.**

3. Eat soft foods and stay away from the surgical site for the first week, BUT DO NOT STOP TAKING NOURISHMENT. Liquid dietary food supplements provide a sound source of nourishment if you do not feel like eating solid foods. **The doctor will instruct you at the one week appointment about eating and brushing instructions.**

4. If you have had a palatal graft taken, Orabase, a topical coating agent with numbing qualities may have been provided. You may lightly apply this to palatal donor site with a Q-tip to provide pain relief.

5. If anti-inflammatories or antibiotics are prescribed, take the medication according to instructions until they are gone.

6. You should plan on the anesthetic wearing off about 1-4 hours after surgery depending on the procedure. If a prescription for pain medication has been written, have it filled at the pharmacy and head home before taking. Pain medication often can make a person nauseous on an empty stomach so take nourishment prior to taking the prescription. Take the pain medication prior to the initiation of pain so that you have a comfortable transition into the post-surgical phase. **Do not drive or operate machinery while taking pain medication.**

7. If you have been sedated for your surgical procedure, go home and rest and **do not drive or operate machinery for 6-8 hours after the procedure.**

8. Return to this office as requested so that the operative site can be checked and sutures removed. Further instructions will be given at the one week postoperative appointment.

YOU MAY HAVE:

1. **Pain.** Discomfort will be experienced and it is usually most severe 1 to 3 hours after the surgical procedure. In the event that the pain persists and the pain medication does not give relief, please contact Dr. Iasella. If no medication was prescribed, over the counter medications such as Ibuprofen or Tylenol may be helpful.

2. **Swelling.** Swelling is a natural response of the body to surgery. If possible, apply an ice bag to the affected area for 20 minutes. Remove for 20 minutes and repeat for up to 8 hours. Swelling will reach maximum at 3 days and then start to decrease.

3. **Bleeding.** Often there will be slight oozing from the surgical site(s) which when mixed with saliva may appear to be excessive. Do not worry, this is normal. If you have had a graft taken from the palate, this is the most likely source of the bleeding and if it seems excessive for more than 1 hour, a tea bag can be moistened and placed against the palate, holding with the tongue, for ten minutes. This will usually stop the bleeding but if it persists then call Dr. Iasella for advice.

4. **Stiffness.** This, like the swelling, is a natural reaction of your body to healing.

5. **Numbness.** Quite infrequently an individual will notice a persisting numb sensation following surgery of the oral cavity. It is usually temporary in nature, and a normal feeling will return with time. However, it is important that this numb feeling be reported to Dr. Iasella at your next appointment.

6. **Looseness and Sensitivity.** The teeth will become loose after periodontal surgery due to the swelling in the ligament that supports the tooth and will tighten back to pre-surgical levels within 1 to 24 weeks. The teeth will be sensitive to hot and colds, particularly colds. Again, this will decrease within the next 2 to 24 weeks.

7. **Bruising.** Bruising is a normal phenomenon and occurs to different degrees in different people. If you normally bruise easily, you should expect some discoloration of the surgical site(s) or surrounding area. This is fairly normal and will resolve within 1 to 2 weeks.

8. Special Considerations:

John M. Iasella, D.D.S., M.S., P.S.

DIPLOMATE OF THE AMERICAN ACADEMY OF PERIODONTOLOGY

Periodontics and Implant Dentistry

- Dr. John Iasella's residence: 509-965-4383
- Dr. John Iasella's cellular phone: 509-307-4070

Office: 509-452-7115

410 S. 12th Ave., Yakima, WA 98902