



Brentwood Mall
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INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

- Slight bleeding for the first 24-48 hours after surgery is normal and the surgical site will be tender for several days, but it is very important to keep the surgical area clean.
- Moderate discomfort will be felt as the anesthesia wears off. You may take a non-aspirin analgesic within the first hour after surgery. If antibiotics are prescribed, it is important for you to complete its full course.
- Do not brush the area following the first 24 hours of surgery. Use a cotton-tipped applicator (Q-Tip) to clean the area.
- Do not vigorously rinse or forcefully spit during the first 4 hours. Afterwards, gently rinse the area with salty lukewarm water (1/2 tsp salt in 1 glass of water).
- Do not touch the surgical area(s) with your fingers and tongue.
- Do not smoke for at least 48 hours as smoking can seriously delay the healing process.
- Avoid alcoholic and carbonated drinks for the next 2-3 days. A soft diet is advised.
- Some may experience slight swelling. To minimize excessive swelling, place an ice pack or a cold compress in the affected area for 10-20 minute intervals.
- If you have any nausea, vomiting, skin rash and other unusual reactions, please call our office right away.