

Instructions Following Periodontal Surgery

For the First 24 hours:

Do not:

- Brush and floss your teeth
- Rinse your mouth vigorously
- Drink through a straw
- Spit
- Drink hot liquids
- Exercise or Heavy lifting
- Drink alcohol or smoke
- Pull your lips and cheeks to look

Do:

- Take your medication as prescribed
- Drink lots of liquids
- Eat soft diet (avoid crunchy foods like popcorn, nuts or food with seeds)

Swelling:

Swelling on the first day may occur and can be kept to a minimum with ice packs to the outside of the face over the surgical area. Ice packs should be used 10 minutes on – 10 minutes off for most of the day.

Bleeding:

A slight amount of bleeding is expected the first day. If the bleeding is excessive, call us.

After the Surgery Day (After the First 24 Hours):

- Rinse gently with the prescribed mouth rinse – 1tbsp./15ml; 2x/day, for 60 seconds until finished. No rinsing with the prescribed mouth rinse within 30 minutes after tooth brushing
- DO NOT brush and floss the teeth or areas involved in the surgery until we see you for your first follow up appointment
- Remain on a soft diet and avoid hot liquids and small seeds for one week
- Chew only on the teeth not related to surgical area until your follow up appointment
- If antibiotics were prescribed, be sure to take all pills as directed by Dr. Xiang
- Take pain medication only if you have pain

Call & report any of the following:

- Swelling which begins 3 days or more after surgery
- Excessive bleeding
- Discomfort not controlled by your prescription

Phone: 204-726-1211 Office or 204-891-5767 Cell