

AFTER CARE INSTRUCTIONS

Periodontal Flap Surgery



Please follow these important instructions. They will make you more comfortable and help to prevent possible complications following your treatment.

Oral Hygiene

DO NOT rinse your mouth vigorously for 24 hours after the surgery. After 24 hours, the mouth should be rinsed after eating and before retiring at night. *Continue to clean the rest of your mouth as you normally would, but avoid the surgical area with toothbrush and dental floss for the first week.* You have been given a bottle of Savocol antibacterial rinse. Gently rinse the area twice a day. During the day you may also rinse with warm water as often as you wish. Brush and floss the teeth not involved with the surgery as you always do, then lightly brush the biting surfaces of the teeth involved with the surgery. It is very important to keep your mouth clean. After one (1) weeks, you can brush the area where the surgery took place gently.

Bleeding

Avoid strenuous physical activity for the first few days after surgery. Small amounts of blood may color your saliva the first few hours after surgery. If large clots of blood form, or constant bleeding occurs, call the office. If there is a little oozing, a moist tea bag applied with pressure to the area may be used. Maintain constant pressure by the clock for 20 minutes. If bleeding continues, call the office.

Swelling

You may apply COLD to the side of your face where the surgery was done for the first 24 hours. Ice in a plastic bag covered by at least one layer of towel may be applied for 20 minutes on then 10 minutes off. If swelling continues to increase, call the office.

Diet

Within the first 24 hours after surgery, food or beverages should be no warmer than mouth temperature. A soft diet and food not requiring vigorous chewing is recommended so the surgical wound will not be traumatized. Drink plenty of fluids, but no carbonated beverages. If you smoke, now is the time to stop. Do not smoke for the first 48 hours after the surgery. Avoid alcoholic beverages.

Medications

Take as prescribed. If you develop a rash, itching, or other unusual reactions, stop taking the medication and call the office.

Follow Up Visit

A follow up visit for removal of the stitches will be made approximately 10 days after your surgery to check your healing.

**If you have any further questions or concerns please contact us on
07 4054 4488**