

**ToothMasters  
256-329-8401**

**Periodontal Treatment Post-Operative Information**

After your periodontal surgery, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off. Don't eat anything for two hours following surgery.

It's normal to experience some discomfort for several days after a surgery. To control discomfort, take pain medication as recommended. Do not take medication on an empty stomach or nausea may result. Apply an ice pack (20 minutes on, 20 minutes off) for six hours following surgery to decrease pain and swelling.

After twenty-four hours, to further reduce pain and swelling, rinse three times a day with warm salt water (put a tsp. of salt in a cup of warm water, gently rinse-swish-spit). If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Some slight bleeding is normal for a day or so following surgery. If bleeding persists, apply firm pressure with a moist gauze pad or bite on a tea bag for twenty minutes. Elevate your head with pillows. Call our office if this doesn't control bleeding or if bleeding increases.

For the first 48 hours, restrict your diet to soft foods such as yogurt, ice cream, cottage cheese, and soups until you can chew comfortably. Relax as much as possible and avoid all strenuous activities for the first twenty-four hours following surgery.

Continue your normal homecare routine in the non-treated areas. You may gently rinse around the treated area with warm water or mouthwash, but frequent or vigorous rinsing must be avoided until healing has taken place. Call us if pain or swelling persists or if you have any questions or concerns.