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PATIENT INSTRUCTIONS FOLLOWING GUM SURGERY

1. **Pain-** When the local anesthetic wears off, you should expect only minimal discomfort. Slight tenderness at the surgical site may be noticed for several days. Take the pain medication as prescribed: _____
Some increased tooth sensitivity and slight tooth mobility is common for 4-6 weeks following surgery. This is the normal course of events while the tissues are healing.
2. **Bleeding-** You may notice a minimal amount of bleeding at the surgical site the day of the procedure. It will normally correct itself. If you have continuous bleeding, apply firm pressure with the sterile gauze provided (moistened with cold water) or a damp tea bag. Hold pressure against the bleeding gum for a full 5 minutes, then release. If bleeding still persists, call the office. Rinsing should not be used to control bleeding as it usually makes matters worse.
3. **Swelling-** Swelling and/or discoloration (bruising) of the cheek or chin occurs occasionally. Any swelling or bruising will usually reach its peak on the third day following surgery and disappear by the tenth day or so. If increased swelling, pain or fever develops during the first week post-operatively, please call the office for instructions.
4. **Infection-** This is uncommon with today's techniques. However, take the antibiotics as prescribed: _____
until all are gone. This will help prevent against infection and will enhance healing.
5. **Sutures or Dressing-** If stitches have been placed, they may dissolve or come out before your first post-op visit but some are often still present. Do not attempt to remove them yourself. They will be removed at the first post-op visit (usually 2-3 weeks). If a dressing (light-cured or putty) has been placed around the surgical site, take special precautions not to disturb or loosen it. Don't play with it with your tongue or lips. It serves an important purpose and ideally should be left intact until you return for your first post-op appointment.
6. **Home Care-** Rinsing your mouth and brushing should be avoided the first day so as not to disturb the blood clots. Beginning tomorrow, you should rinse twice daily (after breakfast & at bedtime) with the antiseptic mouth rinse prescribed. Swish with 1/2 capful for 30 seconds then spit it out without rinsing with water afterwards. You will continue with this routine until the rinse is gone following surgery. Brush, floss and irrigate as usual in all other areas, avoiding the surgical sites completely for the first 3 weeks.
7. **Diet-** You may resume your regular diet the next day following surgery. However, you may find soft foods easier to eat for the first 10 days. Avoid chewing on the surgical site until after the first post-op visit, or as directed by the doctor. Also, do not eat anything until all the effects of the local anesthesia (numbness) have worn off to avoid accidentally injuring yourself.
8. **Post-Op Activities-** Although we feel you can normally resume your regular activities following surgery, we recommend reducing your activities for the first 48 hours. This would include jogging, exercise and other aerobic activities. If you are a smoker, you should abstain from smoking to insure proper healing. Continuing to smoke will significantly reduce the benefits of treatment.

Please contact the office or call the doctor directly if you have any questions.