

AFTER YOUR PERIODONTAL SURGERY / EXTRACTIONS

Generally periodontal surgery has a very low incidence of post operative infection and complications. The success of your surgery depends on you caring for your mouth after the surgery. These are a few tips to make this easier for you.

WHAT TO EXPECT

- Take it easy, **avoid** heavy exercise on the day of your surgery
- You can expect some post operative discomfort.
 - * You will be advised of an appropriate pain killer and dosage.
 - * As a general rule **avoid** taking anything containing Aspirin.
 - * Never take more than the recommended dose.
 - * You should maintain a normal diet when taking pain killers.
- Your teeth may initially feel slightly loose, this is normal and disappears quickly.
- Your teeth may be sensitive to hot and cold food, drinks and biting but this is only a temporary condition.
- Some swelling and pain near the area of surgery can be expected in the following 2-3 days and is normal.
 - * Ice packs applied to the face in the first 24 hours will help to reduce the amount of swelling. Apply for 20 min on and 20 min off.
 - * The swelling should improve, day by day after the first 2-3 days.
- If you have had a dressing placed, try to avoid playing with it.
 - * The dressing will set in your mouth and can be removed at your next appointment.
 - * If your dressing comes loose, you will be told **if** and when you should have it replaced.

DON'T

- Don't bite your lip or tongue when they are numb.
 - * Try not to play with any dressing, wound or stitches with your tongue.
- Don't suck and don't keep spitting out.
- Don't wash you mouth out forcibly with water or a mouthwash.
- Don't SMOKE, the longer you can go without smoking the faster the healing.
- Don't brush the surgical area. **DO** brush the rest of your mouth.
- Don't drink alcohol on the day of your surgery.
- Don't have hot drinks

Do

- Do use the prescribed chlorhexidine mouthwash (Savacol[®], Plaqacide[®], Difflam Dental[®]) twice (2) a day.
 - * It is very important to keep your mouth clean. Always be gentle, always rinse before you go to sleep, try to rinse about 1 hour after you brush your other teeth.
- If your where a denture, take it out at night and store in water. Do not soak in Savacol[®].
- Antibiotics. If you are required to take an antibiotic, you must complete the entire course.

COMPLICATIONS

BLEEDING

Discoloured saliva is not true bleeding. It is normal to have a slight ooze after the local anaesthetic wears off. If you have any significant bleeding, gently remove the clots and wash with (ice) cold water. Place a wet pack (e.g. gauze, clean handkerchief) over the wound and apply firm pressure for 15-20 minutes. If bleeding persists please contact us.

PERSISTENT SWELLING

Swelling and pain usually decrease after the first 2-3 days. If there is no sign of improvement, increasing pain and swelling or increased temperature or general tiredness after the first 2-3 days please contact us so that you can be reviewed, as soon as possible.

Ph 3221 9363

