

## **POST-OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY**

1. Do not eat anything or drink hot fluids until the numbness has worn off to avoid injury from accidental biting or burning.
2. No vigorous rinsing, drinking through a straw, or spitting for a minimum of 3 days so that the blood clot will not be disturbed.
3. Today, rest as much as possible with your head elevated. No vigorous exercising for 3 days.
4. Slight bleeding is normal for several hours following surgery. If persistent bleeding occurs place a damp teabag on the involved area and apply direct pressure for 15-20 continuous minutes. Repeat as necessary.
5. Do not pull back your lips or cheeks to look at the area as this can disturb the surgical site and increase complications.
6. You may chew slowly on the opposite side of your mouth from the surgical site, avoiding the surgical area. Nourishment is an important part of the healing process. Soft nutritious foods will be necessary for the first week. Avoid acidic and crunchy foods. Drink plenty of fluids.
7. Do not use tobacco or drink alcoholic beverages as these will delay healing.
8. Swelling can be lessened by placing a cold compress on the face alternating on and off for 20 minutes during the first 24 hours.
9. Please take all medications and rinses as prescribed.
10. Arnica Montana (5 pills under tongue/3 x day) may help in post-op healing.
11. After the periodontal treatment, proper oral hygiene must be maintained in the surgical area to aid healing. **Do not brush the surgical site.** Brush and floss the other areas of your mouth as usual. After one to two weeks, carefully brush the teeth while avoiding the gums in the area of the surgery. The gums and lower parts of the teeth should be cleaned with a dampened piece of cotton or swab. Gentle flossing and brushing can be resumed in 2-3 weeks.
12. After periodontal surgery, sensitivity of the teeth may occur. This is remedied by maintaining proper oral hygiene and by using toothpaste for sensitive teeth, such as Sensodyne.
13. If a periodontal pack has been placed in your mouth do not remove it. The pack should remain in place for one week. If the pack comes off before this time, it is not an emergency, but the doctor should be notified.
14. Return for your follow up appointment to have the periodontal pack removed and any sutures removed. If the sutures loosen or come out within 3 days, please inform the office.
15. If you have any questions, please feel free to call our office at 617-484-0475.
16. In case of emergency after hours please call Dr. Naghieh's cell phone: 617-823-0199.

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