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INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

To minimize your discomfort, we recommend following these simple instructions:

DAY OF TREATMENT:

DO: *Drink* plenty of liquids to replenish lost fluid, to keep blood sugar maintained and to protect your stomach from medications. *Rest* and be passive to keep your blood pressure down and to allow your body to initiate healing. Hold *ice packs* to the area to close blood vessels, minimizing swelling and pain.

AVOID: *Alcohol* and medications can be a deadly combination. *Rinsing* will promote bleeding by rinsing away blood clots. *Spitting* can increase bleeding significantly; wipe your tongue instead. *Smoking* will irritate the surgical area; make teeth more sensitive to cold and it interferes with the body's ability to heal. If avoidance is not possible, only do light drags.

DAY FOLLOWING TREATMENT:

If you experience soreness in the gums, *GENTLY* rinse with warm salt water several times per day. (Approximately 1 tsp salt to 8 oz glass of water) This will reduce soreness in the area.

PLEASE COMPLY WITH THE NEXT ITEMS:

DO: Brush teeth, not gums, without putting toothpaste on surgical site. This will reduce bacteria for good healing. Floss teeth, not gums, daily. This will minimize sensitivity to temperatures. Use chlorohexidine daily for the next two weeks. This will control bacteria in the surgical site that you cannot reach. It will also reduce discomfort.

AVOID: Globbing toothpaste on surgical site. This will irritate the area and interfere with healing. Vigorous rinsing will rinse away fragile healing tissue. Jogging, aerobics, weight training, or any other vigorous exercise will raise blood pressure and cause throbbing and pain. Try to avoid this for one week. Excessive talking will pull on the surgical site and cause pain and throbbing. Rinsing with over-the-counter mouthwashes or peroxide, the alcohol will irritate the wound and peroxide will "foam away" healing tissue.