



Family ◦ Specialty ◦ Care

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Pre-Operative Instructions:

No aspirin 1 week before surgery. Eat well before surgical appointment.

Post-Operative Instructions Following Periodontal Surgery:

Discomfort is expected and is usually controlled with the pain medications prescribed. The discomfort usually completely disappears shortly after the sutures have been removed and the dressing is changed. You may experience a feeling of slight weakness or chills during the first 24 hours. Be certain to have food in your stomach before taking the pain medications. If you need more medication, please call.

Swelling of the face may occur. This should begin to decrease after four days, and disappear after six to seven days. Apply an ice pack wrapped in a towel to your face immediately after surgery until you retire that evening. This is helpful in reducing or preventing swelling. Also, maintaining your head elevated is suggested. Sip ice water as much as possible over the next 5-8 hours to maintain a cool temperature and increase fluid intake. Do not use a straw. Sleep with your head elevated with 2-3 pillows after surgery.

Physical Activity should be reduced for the next two days. All unnecessary physical exercise should be avoided. Sun-bathing should be avoided for two days to avoid swelling and fatigue.

Bleeding – There may be some blood in your saliva for the first four to five hours after the procedure. If there is considerable bleeding beyond this, clean the area, locate the bleeding and apply uninterrupted pressure for twenty minutes. Use either a moist gauze square or a moist tea bag over the area in order to apply pressure. If bleeding continues while placing pressure, relocate the position of pressure application.

Periodontal Dressing – the material around your teeth is a periodontal dressing. If it is there for your comfort and to protect the surgical area during healing, and it should not be disturbed. The dressing will become firm in a few hours. If a “small” piece of the dressing comes off there is no reason for concern.

Oral Hygiene (Home Care) – Follow your normal oral hygiene in area where there is no periodontal dressing. Do not do hygiene where guided tissue regeneration (Gore-Tex) was done.

Diet and Nutrition – Try to maintain a balanced diet. Any foods may be eaten that do not irritate your mouth or displace your dressing. Try to avoid spicy, crusty, acidic or seedy types of food. It is very important to eat soon after surgery to avoid medication side effects and a light headed feeling. Suggested foods for immediately after surgery: Jello, ice cream, milkshakes, cottage cheese and fruit, applesauce, yogurt. Later – soft foods, soft-boiled eggs, mashed potatoes covered with soup, casseroles and cooked vegetables.