

# Homecare PerioSurgery

## Surgery aftercare recommendations

Now that you have had surgery on your gums, it is important to make sure you are as comfortable as possible to maximize the chance for success.

- ❖ Relax and avoid all strenuous activities for the first 24 hours following surgery.
- ❖ If we used an anesthetic during the procedure, do not eat anything for 2 hours after surgery. When you do feel comfortable enough to eat, but you still have numbness, be careful not to bite your cheeks or tongue.
- ❖ For the first week, restrict your diet to soft foods, such as yogurt, scrambled eggs, and soup, until you can comfortably chew. Chew on the side of your mouth opposite the surgery site.
- ❖ Avoid alcoholic drinks and hot or spicy foods for at least a week after surgery.
- ❖ To control discomfort, take pain medication before the anesthetic has worn off, or as recommended. It is normal to have some discomfort for several days after surgery. Generally, do not take pain medication on an empty stomach, or you may experience nausea. Make sure you follow the directions.



*Use an ice pack*



*Use a gauze pad*



*Avoid alcohol*



*It is important to rest*

- ❖ For the first 6 hours after surgery, apply an ice pack 20 minutes on and 20 minutes off, to decrease pain and swelling.
- ❖ After 24 hours, reduce discomfort or swelling by rinsing your mouth very gently with warm salt water 3 times each day. Use about 1 teaspoon of salt in a glass of warm water.
- ❖ Some slight bleeding is normal for a day or two following surgery. If bleeding persists, apply firm pressure with a gauze pad, or bite on a clean, moist tea bag for 20 minutes. Call us if this does not control bleeding or if bleeding increases.
- ❖ Clean the treated areas by gently rinsing with warm water or mouthwash. Avoid frequent or vigorous rinsing or brushing until the area has healed.
- ❖ Brush and floss the non-treated areas of your mouth as you normally would.
- ❖ If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- ❖ Call us if discomfort is not diminishing day-by-day or if swelling increases or continues beyond 3 or 4 days.

Please, call us if you have questions or concerns.