



# *Jacobelli*

*Exceptional General Dental Care for the Quality Conscious*

## **PATIENT INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY**

1. The operation THAT has been performed on your gums will help you keep your teeth. The following information has been prepared to answer questions you may have about how to take care of your mouth. **PLEASE READ THESE INSTRUCTIONS CAREFULLY.** Other patients have found them to be very helpful.
2. If needed, we have placed a periodontal pack over your gums to protect them from irritation. The pack helps lessen discomfort, aids healing and enables you to carry on most of your usual activities in comfort. For the first few days, you will be unaccustomed to having the pack in your mouth and it may be uncomfortable. For your benefit, the pack needs to remain in place as long as we say. **DO NOT REMOVE IT.** If particles of the pack chip off during the week, do not be concerned as long as you do not have discomfort. If a piece of the pack breaks off and you are in pain or if a rough edge irritates your tongue or cheek, please call the office. The problem can be easily remedied.
3. **For the first day or two, eat cool, soft foods to help minimize swelling. Less swelling means less pain.** In general, eat carefully to avoid chipping off the pack. **AVOID CITRUS FRUITS, HIGHLY SPICED FOODS, EXTREMELY SALTY FOODS AND ALCOHOLIC BEVERAGES.** They will cause pain by chemically burning the open wounds under the pack. You may want to supplement your diet with a multi-vitamin-protein supplement, such as Ensure or Carnation Instant Breakfast, until you are able to eat properly.
4. Your saliva may appear pink or red for up to 2 days after the surgery. This is not unusual. Please remember that a little blood mixed with your saliva will look like a great deal of blood. Unless you see large clots, you are not having a bleeding problem. If there is considerable bleeding beyond this, take a piece of moist gauze, form it into the shape of a "U," hold it in with your thumb and index finger, applying it to both sides of the pack and holding it under pressure for 20 minutes. Do not remove it during this period to examine it. If the bleeding does not stop at the end of 20 minutes, please contact the office. **DO NOT TRY TO STOP THE BLEEDING BY RINSING.**
5. Rinsing is not part of the treatment for the first 24 hours following surgery. After that time, it will help make your mouth feel refreshed. You may rinse gently as often as you wish with Therasol. Do not use it in concentrated form: Dilute it 1/3 mouthwash to 2/3 warm water. Cleanse the surface of the pack with a soft toothbrush moistened with warm water and Therasol.
6. Should you have discomfort, take the prescribed medication:

\_\_\_\_\_ every \_\_\_\_\_ hours for relief of severe pain, or

\_\_\_\_\_ every \_\_\_\_\_ hours for minor discomfort relief.. If it does not relieve the pain, please call the office for advice.

7. Should your stomach become upset, you may purchase syrup of Coca-Cola or Emetrol at your pharmacy and take as directed.
8. Swelling is not unusual, particularly in areas which required extensive surgical procedures. Ice packs can be applied to the outside of the cheeks – as much and as often as possible, to keep swelling to a minimum. If the swelling appears to become worse, please call the office. **Remember, swelling peaks 30 to 36 hours post-surgically.**
9. **DO NOT SMOKE** - the heat and smoke will irritate your gums and delay healing. If at all possible, use this opportunity to give up smoking. **FACT:** Smokers have more gum disease than non-smokers.
10. Should any problems or questions arise, please call the office at 440-845-7300. After regular office hours, you can contact Mark on his voice-mail pager at 216-389-2026.