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*PRACTICE LIMITED TO PERIODONTICS*

**POSTOPERATIVE INSTRUCTIONS**

- Dressing**                    The dressing covering the operated area acts as a bandage to protect the area and at the same time keeps you comfortable. Do not take anything hot in your mouth or attempt to chew anything for at least 4 hours. In fact, cold liquids are preferred during this time interval.
- Loss of Dressing**        Care should be taken to avoid eating on the side of the mouth where the dressing is placed, otherwise it may become dislodged and become tender. Should this occur there is no reason to panic. Contact us and the dressing **may** be replaced. In the meantime, rinse gently with warm water and brush **gently**.
- Discomfort**                When the anesthesia wears off, some discomfort is to be expected. In the majority of cases this is not great, but occasionally it can be considerable. This may last for 3-5 days and can be controlled by taking the prescribed medication. Should this not be sufficient, or if pain persists, please contact us. Please begin taking your pain medication **before** the anesthesia wears off.
- Bleeding**                    Slight bleeding may occur during the first 24 hours. This may be controlled by placing a warm, moist tea bag against this area, maintaining constant pressure for 20 minutes. You can carry on with your normal activities but avoid vigorous exercise.
- Swelling**                    Swelling of the face can usually be minimized by applying an ice pack to the face for about 20 minutes every half hour, (20 minutes on, 10 minutes off) for about 5 hours immediately upon returning home.
- Oral Hygiene**              Keep the rest of your mouth as clean as possible the way you have been shown, but do not brush the dressing area.
- Diet**                         Do not go on a diet! Proper nutrition is essential for rapid healing of any wound. Vitamin C and protein are of particular importance.
- Antibiotics**                If antibiotics are prescribed, they are prescribed in specific amount for a specific period of time. Please be sure to take the entire quantity as directed.

Do not hesitate to call if you have any questions or if you experience more discomfort than you think you should. We will be happy to help you in any way possible.