



## Post-Operative Instructions After Periodontal Surgery

Return home and relax today. **If you have had intravenous sedation**, you will feel groggy for up to 24 hours. It is critical that you do not drive, operate hazardous machinery, make critical decisions, or consume alcohol or drugs with sedative properties during this period.

### Medications:

- Take the prescribed and/or recommended pain medication before the freezing wears off.
- Take pain medications regularly for the first couple of days, in order to stay ahead of the pain. Continue to take your pain medications as required to manage the pain.
- If antibiotics were prescribed, take them until they are finished. Eat yogurt and/or take probiotics while taking antibiotics, and for 3-4 days after in order to maintain and restore good intestinal bacteria.
- All medications should be taken after eating to help prevent nausea. If any of your medications cause you significant nausea despite being taken with food, please call our office.

### Bleeding:

A moderate amount of bleeding or oozing can be expected during the first two days after surgery. To control bleeding, place dampened gauze on the area and apply **firm pressure**. Change the gauze every 30-45 minutes until the bleeding has slowed and gauze is coming out pink or almost white. **Always remove gauze before sleeping**, drinking or eating. If you don't have gauze, use a wet black tea bag (tannins in black tea aid in blood clotting).

### Swelling:

Swelling is common and usually peaks 3 days after surgery. **Ice packs** help minimize swelling and should be applied during the first couple of days after surgery. Ice packs must be wrapped in a thin cloth and applied on the outside of the jaw or cheeks near the surgical site, **20 minutes 'on' and 20 minutes 'off'**. Bruising can also occur and should reduce as the swelling dissipates. Applying a moist hot towel starting 4-5 days post-surgery will help with resolving the bruising. Sleeping with your head elevated at about 45 degrees for the first 2-3 days after the surgery can also be helpful to reduce swelling.

### Stitches:

Stitches (if present) may dissolve, come loose, or fall out in approximately 2-7 days. As long as there is no heavy, continuous bleeding this is not a cause for concern. In some cases, non-dissolvable stitches might be placed. If this is the case, they will be removed at your first postoperative appointment.

Whether dissolvable or non-dissolvable, **never attempt to remove a stitch on your own.**

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### Emergency Phone Numbers

Office  
613.234.1211

Dr. Alison McGuire  
613.890.3122

Dr. Janelle Hamilton  
613.858.9691

Dr. Lyon Hamburg  
613.295.0067

Dr. Eugenie MacKay  
613.296.5489

Dr. Isabelle Quenneville  
613.203.0293

Dr. Amin Alibhai  
709.743.4950

Dr. Michael Rapp  
613.294.8630

Dr. Karen Fung  
613.805.5888

Dr. Sherif Elsaraj  
204.440.0000

Dr. Jacob Fitzgerald  
613.790.8111



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### Rinsing & Brushing:

- Do not rinse your mouth or brush your teeth until **24hrs after surgery** as it will delay the healing process.
- After 24 hours, brush your teeth using a soft tooth brush and toothpaste, but **avoid brushing or flossing the surgical site until 2 weeks post-surgery, unless otherwise directed by your surgeon.** This will prevent plaque accumulation, which can negatively affect the outcome of your surgery.
- After 24 hours, you may begin to rinse your mouth. If a mouth rinse was prescribed, please follow instructions on the bottle. Otherwise you may rinse with 1/2 tsp. of salt dissolved in a glass of warm water.
- **Do not swish** when rinsing your mouth; instead slightly lower and gently move your head side to side. **Do not spit out the water**, but let it drip out into the sink. Use this brushing and rinsing method for the next 1-2 weeks.

### Nutrition:

**While lips and/or tongue are numb, do not bite them.** During the first 24 hours following the surgery, **avoid hot fluids** (tea, coffee, hot soup) as they may increase bleeding and pain. Limit yourself to a soft diet such as yogurt, apple sauce, scrambled eggs, mashed potatoes, overcooked pasta for the next 5-7 days. Drink plenty of fluids, but **do not use straws** for the next 7 days. If you have had an implant, **avoid chewing on the implant for 8 weeks.** Avoid foods that break down into hard crunchy bits such as chips, popcorn, whole grain breads, seeds, nuts and raw vegetables. These foods are easily lodged in the surgical site, and are very difficult to rinse out, which may cause an infection. Avoiding these foods for 4-6 weeks is advised.

### Activities:

It is not advisable to go to the gym, play sports, or lift heavy objects until 5 days after your surgery, as it may cause bleeding.

### Smoking:

Smoking seriously slows the healing process and increases the risk of infection in your mouth. Avoid smoking during the first 5-7 days following the surgery. Reduce smoking as much as possible over the coming weeks for proper healing.

### Dentures:

If you have dentures, they should remain in place for the first 24 hours. After 24 hours you may remove them to rinse and replace them immediately. You may remove your dentures to soak overnight on your second postoperative night. Make an appointment with your denturist for any adjustments if needed.

### Post-operative visit:

Not all procedures will require a post-operative visit. If you have been scheduled for a post-operative appointment, remember to bring any dentures, night guards or other oral prostheses so that your surgeon or hygienist can evaluate proper fit.

### When to call the office:

Feel free to call our office with any questions. Also reach out if you have:

- Heavy, bright red bleeding you have been unable to control with 30+ minutes firm pressure.
- Pain that is not tolerable after taking all medications prescribed/recommended, and applying ice.
- Swelling that does not reduce, or increases after 5 days. This could indicate an infection, and may be accompanied by pus, a bad taste or smell, or increasing pain.

Please direct any minor or non-urgent concerns to the office during regular office hours. Should any urgent symptoms occur when the office is closed, please call your surgeon on their emergency number found on the first page.