



CARE OF MOUTH AFTER PERIODONTAL THERAPY/BONE GRAFT/ EXTRACTION

1. **DO NOT RINSE MOUTH, SMOKE, OR DRINK THROUGH A STRAW** for the remainder of the day. Tomorrow, rinse mouth gently every 3-4 hours, especially after meals, using ¼-1 teaspoon of salt in a glass of warm water. Continue rinses for 24 hours after the procedure.
2. **MOUTHRINSE-** 24 hours after the salt-water rinses (2nd day after the surgery), you will either swish the surgical site gently with the medicated mouth rinse given to you, or you will swab the site gently with the medicated rinse and two q-tips into the rinse as shown to you. Continue the medicated rinse/swabbing for one week.
3. **PERIODONTAL DRESSING-**A periodontal dressing or packing may have been applied to the surgical site. If so, follow the same instructions as above in reference to swishing and swabbing. If a dressing was placed in the roof of the mouth area, it is not unusual for the dressing to fall off within the first 24 hours. If a dressing was placed around the surgical site, avoid chewing, brushing/flossing in the area until your follow-up visit. Keep the dressing in place until your follow-up visit. If it comes loose, please call the office for instructions. Use only the mouth rinses prescribed to clean the area.
4. **BLEEDING-**Following any minor surgical procedure, some bleeding is expected. Your saliva may have a slight pink tinge for the remainder of the day. Do not be concerned. If the oozing continues for longer than 24 hours, call the office.
5. **SWELLING-**Apply the ice pack given to you to the outside of your face over the operated area and continue for 15 minutes on, 15 minutes off. Do this for the first 6-10 hours after the procedure. This will keep the swelling to a minimum. The swelling may be worse by the third day but it should subside one week after surgery. Bruising is normal for any surgical procedure.
6. **DISCOMFORT-**For mild to average discomfort, use the medication prescribed by the doctor or an over the counter medication recommended by the doctor. 600mg. Ibuprofen and 500mg. Acetaminophen taken together every six hours as needed for pain.
7. **DIET-DO NOT CHEW** on the side of the surgical site. Light to mild diet is recommended during the week after the procedure. Chew on the opposite side of where the surgery was performed. Eat nothing too hot, cold, or spicy.
8. If any unusual symptoms occur, call the office at once, anytime, 24 hours a day. The phone number is (703)222-3245.

The proper care following a periodontal procedure will hasten the recovery, maximize our results, and prevent complications. If we can be of further assistance, do not hesitate to call.