



BURLINGTON PERIODONTICS

Reconstructive Periodontal & Implant Surgery

Dr. Herman Thang

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

You have recently had periodontal surgery. Please follow these instructions to ensure the areas heal properly:

DISCOMFORT: When you leave the office, you will feel comfortable while the “freezing” is still working. Over the next few hours, you will start to feel discomfort, which may last over the next few days. To help with the soreness:

- **Take 2 tablets of Acetaminophen (Tylenol) or Ibuprofen (Advil).** Take the medication immediately after the appointment, before the ‘freezing’ wears off.
- You can repeat 1 or 2 tablets **every 4-6 hours** for the first day.
- Take 1-2 tablets **before bedtime** to help you sleep.

BLEEDING: The bleeding will have stopped before you leave the office. However, it is normal to have some ‘pink’ colour in your saliva for the next 12 hours. It is very important to leave the area alone so that it can heal properly. For the first 24 hours:

- **Do NOT Rinse, do NOT Spit, do NOT use a straw to drink with, do NOT smoke.** If the area is disturbed and begins to bleed again, apply pressure on the area by biting on **dry gauze or a dry tea bag** for 30 minutes. Do not remove the gauze for 30 minutes.

SWELLING: Some swelling may occur over the next 2-3 days. To limit the swelling, place a **cold ice pack** over the area.

- Put ice on the area for 10 minutes. Then remove for 10 minutes. Repeat on and off as much as possible for the rest of the day.

EATING: You **can eat** immediately after the appointment. You can:

- Eat anything soft including eggs, soups, pasta, soft breads and noodles.

However, **do not eat:**

- Foods with little pieces, such as nuts and seeds for 24 hours.
- Anything that is too hot or too hard until the freezing completely wears off.

BRUSHING YOUR TEETH: You may carefully brush your teeth but **do not brush the area that had surgery for one week.** Gently brush and keep the rest of the mouth clean.

- **Do not use over the counter mouth rinses (Listerine/Scope) for the next 2 weeks.**

TOOTH SENSITIVITY: It is normal for your teeth to be more sensitive after the surgery. This should return to normal after a few weeks.

MEDICATIONS: Continue taking any prescription medications that you normally take. Take all medications as instructed.

COVERING & STITCHES: A surgical covering and stitches may have been placed to protect the area. These are expected to become loose and fall off over the next few days. If they remain in place, do not disturb the area as some stitches are non-dissolving and will be removed at your post-surgical follow up appointment.

If you have an emergency or urgent concern, call or text Dr. Herman Thang’s **emergency number cell: (416) 888-3510.**