



What to Expect with Periodontal Surgery

Bleeding

It is normal to expect some minor bleeding from the surgical sites. If bleeding continues, you can manually apply pressure or gently bite down on gauze or a clean cloth over the site (a wet teabag can also be used). *If bleeding will not stop or increases, please contact Dr Flynn right away.* It is also important to avoid intense rinsing and spitting for at least the first 24 hours in order to aid blood clot stabilization.

Swelling & Bruising

It is normal for some mild swelling or bruising to occur. This is caused by the localized trauma of the surgery. Oftentimes some internal bleeding results in a bruise. To minimize any potential swelling or bruising apply a cold pack (bag of ice) to your face closest to the surgical area for the next 24-48 hours. The best method for cold pack application is to use them intermittently every 15 minutes.

Discomfort & Medications

Some level of discomfort is to be expected from any oral surgical procedure. To stay ahead of the discomfort, you should take the first dose of pain medication before the local anesthesia wears off. From there, you can use the prescribed medication as directed by the doctor.

If you received an antibiotic to prevent infection, it is critical that you take the medications as directed until gone.

Sutures

Sutures are used to close the gums back together, secure tissue grafts as well as to anchor the gums in a specific location. These may be either dissolvable or non-dissolvable sutures, depending on your particular case. The dissolvable variety will begin to disintegrate in 1 to 2 weeks while the doctor will remove the non-dissolvable type at the first or second post-operative visit. Some forms of sutures may feel stiff and could potentially poke your cheek or tongue, please refrain from trimming your own sutures as cutting the ends may result in untying the suture knot.

Diet

After your surgery, you will have to maintain a SOFT diet for at least 2 weeks. A diet of soft foods will serve to minimize trauma to the surgical sites. Try to chew on sides not affected by surgery when possible.

It is very important that you eat well balanced, nutritional meals. This is not a proper time to diet or restrict caloric intake. Also avoid spicy or highly seasoned foods. They can irritate tissues. Increase consumption of liquids.

Alcohol and Tobacco

For 24 hours after surgery, do not drink any alcohol. Also, you shouldn't smoke for at least two full weeks; smoking can have a powerfully negative effect on the healing process after surgery.

Hygiene

Although your mouth may feel sore, it is important to continue your oral hygiene. Brush all non-affected areas of your mouth as usual. In the area of surgery brush just the top chewing portions of your teeth. Warm salt water rinses, multiple times a day (starting 2 days after surgery), will also help remove plaque and debris from the surgery site.

Surgical Dressings

In some cases, a surgical dressing may be utilized to cover the surgical site and prevent accidental trauma. Be mindful of the dressing and avoid hard foods or brushing the teeth in that area.

Activity

While taking pain medications, it is important to avoid driving a car or operating any kind of heavy machinery. Additionally, you should limit yourself to only light physical activity for at least two weeks after your surgery. This includes strenuous exercise and involved housework; walking and mild housework are both acceptable.

Dr Flynn

If you have any questions or concerns of any kind, please contact our office or Dr Flynn:

801-497-0619 (Office)

801-244-9793 (After hours emergency)