

Post-operative instructions for periodontal surgery

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- Gently swab the surgical area with a Q-tip dipped in the chlorhexidine after meal and before bedtime for 1 to 2 weeks after the surgery as instructed. Brush the rest of your mouth normally.
- A slightly red saliva for the first few days is normal. In case of excessive bleeding, place a few folded gauzes or a tea bag on the area, applying pressure for 20 minutes. Repeat if necessary.
- Avoid spitting, drinking with a straw or demanding physical activities for 7 days following the surgery to avoid post-operative bleeding.
- Any swelling will be at its peak 48 hours following the surgery, and then will begin to subside. To help minimize swelling, apply cold compress to the area for 15 minutes on and off for the first 48 hours.
- Allow yourself a soft diet for the first 7 days following surgery. Try to eat foods that are room temperature. Avoid any hot liquid or meal. Avoid spices and alcohol.
- A special dressing may have been placed on your wound. If so, do not removed it unless instructed to do so. If it comes off prematurely, it doesn't need to be replaced unless you are experiencing discomfort.
- You should take your pain medication for the first 2-3 days following the surgery in order to minimize any discomfort. After this period, if you are comfortable, try decreasing the dosage gradually until you no longer need it.
- Should you experience skin rashes, diarrhea, excessive swelling, pain increasing in intensity after it has subsided, if you have questions about any prescribed medications or any other concerns, please contact us.