

# Instructions Following Gum Surgery

You have just had gum (Periodontal) surgery. Healing after this surgery should proceed normally, if you follow the instructions below.

**Pain:** You can expect discomfort particularly for the first 24 hours. This can be managed with Extra Strength Tylenol or Tylenol III (with Codeine). If stronger pain medication is required, Dr. Bridger will prescribe this for you.

**Bleeding:** As you leave the office, we shall be sure that bleeding is controlled. Mild oozing for the first few hours is normal and you can expect some blood when you spit out. If bleeding should continue beyond three hours or if it is heavy, then be sure to call Dr. Bridger.

**Diet:** Stick to soft foods such as soups. Drink plenty of fluids to prevent dehydration. Stay away from overly hot or cold foods and drinks for the first 12 hours.

**Sutures:** You will have sutures (stitches) in the site of the surgical area. Your gums were deflected back as part of the surgery and sutures are used to keep the gum flaps in their proper position. Avoid forceful playing with the sutures and flaps with your tongue or finger. Typically Dr. Bridger uses black silk sutures (non-dissolving) which need to be removed approximately one week after surgery. We shall book an appointment for this procedure which does not require dental freezing.

If resorbable sutures (dissolving) were used, you shall be advised.

**Rinsing:** We shall provide you with an anti-bacterial mouth rinse (Pericide). Rinse 2 times per day and hold the rinse in the area of surgery for one to two minutes. Continue this for one week after the surgery.

**Swelling:** Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice pack 20 minutes on and 20 minutes off for the first 3 to 4 hours.

**Brushing / Flossing:** Do not brush or floss in the surgery area for the first few days. Continue to clean the rest of your mouth as usual.

**Exercise:** Avoid rigorous exercise such as jogging and aerobics for the first day or so.

**Antibiotics:** Antibiotics are not normally required following Periodontal surgery. If Dr. Bridger has prescribed antibiotics then be sure to take all the medication.

If you have any concerns please do not hesitate to call the office or Dr. Bridger at home.