

Periodontal Osseous Resective Surgery
(Gum Pocket Reduction Surgery)
POST-OP INSTRUCTIONS

REST:

Please limit your physical activity. Avoid aerobic activity for 24-48 hours after surgery.
ICE: Applying an ice bag to your face for 20-minute intervals for the first 4-5 hours after surgery will help minimize facial swelling and bruising.

MEDICATIONS:

If you have been given anti-inflammatory or pain medication please take according to the instructions to prevent swelling and discomfort. It is recommended that you take 600mg of Ibuprofen every 6 hours as needed. **DO NOT EXCEED** 2400mg in a 24-hour period. If pain is still substantial you can alternate with 1000mg Tylenol every 6 hours in between the time you take the Ibuprofen. For example, take 600mg Ibuprofen, then three hours later take 1000mg Tylenol, then three hours later take Ibuprofen then three hours later Tylenol etc. It is important to maintain a six hour spread between the same medication. If you are unclear, please call the office. **DO NOT EXCEED** 4000mg in a 24 hour period of Tylenol. **DO NOT TAKE** either medication if you have been advised not to by your medical doctor. Antibiotics are not automatically prescribed following this procedure. However if you have been prescribed an antibiotic please take as directed until **all** of the medication is used. If you experience diarrhea or upset stomach, consider using probiotics (such as yogurt with “live cultures” or “Align” probiotic supplements) to help manage those symptoms. If nausea, itchy skin, or rash develops after taking any of the medication, discontinue their use and call the office immediately.

BLEEDING:

Some slight bleeding is normal today. Try to avoid repeatedly spitting or rinsing your mouth during the first 3-4 hours after surgery as this will encourage bleeding. If bleeding persists, apply a tea bag to the area with firm but gentle pressure for 15-20 minutes. Alternatively you can wet the gauze you have been given and do the same. Avoid smoking and the use of alcohol as they will interfere with normal blood clotting and will irritate your mouth as well as promote infection.

EATING:

Something cold to drink or soft to eat is recommended the day of surgery; however, any soft food is okay. Avoid hard, crunchy, and chewy foods for two weeks following surgery as they may prematurely remove the sutures or cause additional trauma to the area.

MOUTHCARE:

Please do NOT brush the area of surgery, but feel free to continue your regular oral hygiene on all other areas of your mouth. If we have prescribed a medicated mouth rinse (Peridex/ Chlorhexidine), please rinse once in the morning and once in the evening until your next appointment. If you would like to rinse more than that, warm salt water rinses are recommended throughout the day.