

David W. Compton, DMD, MS, PC

**General Instructions for Dental Patients
Following Periodontal Surgery**

Periodontal Dressings: A dressing or “pack” may have been placed over the surgical area. This pack takes a short time to harden; therefore, you should **minimize smoking, talking, eating, or drinking warm fluids** immediately after surgery. If a major portion of the dressing is lost in less than three days, or you are experiencing discomfort, please call the office.

Bleeding: A small amount of bleeding is normal for **24 hours** following surgery. Remember, a little blood mixed with saliva can look like a lot of blood. Be careful not to stain clothes or bedding. If excessive bleeding is noted, apply moderate pressure with a **moist gauze pad or moist folded paper towel for 20 minutes**. On palatal donor sites (roof of mouth) for gingival grafts, a **moist tea bag** may be utilized. Additionally, you should **avoid smoking** immediately following surgery to minimize the risk of bleeding. **If bleeding cannot be controlled, please CALL THE OFFICE.**

Swelling: Slight swelling of the face is not unusual following periodontal surgery. These symptoms can be minimized by applying an **ice pack to the face for 10-15 minutes on and 10-15 minutes off** for several hours after surgery. Crushed ice, permitted to melt in the mouth may also be beneficial. **Moist heat can be applied intermittently to the face the day following surgery** to decrease any swelling. Swelling should begin to disappear in 2-3 days. If your face begins to swell, or you notice increasing discomfort 3-4 days after surgery, **CALL THE OFFICE.**

Medications: **No alcohol** may be taken with pain relieving medications containing a narcotic. Be sure to take all medications exactly as directed. In the case of antibiotics, take the entire amount prescribed.

Diet: Eating should be avoided immediately after surgery. **Hard, hot, or spicy foods should be avoided, and hot liquids should not be consumed for several hours.** Minimize chewing on the surgically treated area. You must continue to maintain a nutritious diet. Soft foods such as eggs, milk, milk shakes, juices, soups, jello, and chopped foods are excellent. Prepared diet drinks such as Ensure are a good source of needed nutrition. You should **not suck liquids through a straw** following surgery as this may stimulate bleeding.

Brushing: You should **carefully brush** your teeth in the surgical area. Do not, however, brush the dressing if one is in place. Continue to maintain your usual hygiene methods in all other areas of the mouth. You may also rinse gently with warm salt water. Mix one half teaspoon salt in an 8 oz glass of water, gently swish, and spit into sink. Do this every 30-60 minutes starting several hours after surgery.

If you have any questions regarding the surgical procedure, or if problems arise—PLEASE CALL THE OFFICE.

**Dr. David Compton
Telephone: (503) 652-2615
(After hours you will be directed to call our answering service).**