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PERIODONTAL SURGERY HOME CARE INSTRUCTIONS

BRUSHING & FLOSSING: Continue brushing and flossing all non-surgical areas. AVOID THE SURGICAL SITES with your brush and floss. Use only a Q-tip dipped in the prescribed mouth rinse to clean the whites of your teeth, not touching the pink gum area. Do not floss the surgical area for 1 month.

MOUTHRINSE: Do not use commercial mouthwash for the first few days since most contain alcohol and may sting. **If you were prescribed** mouth rinse (Peridex/Therasol), **gentle rinsing** using one capful twice daily for 1 minute beginning the morning after surgery for 2 weeks. **Otherwise**, begin rinsing with warm salt water after every meal. No SPITTING for 1 week after surgery. Let gravity take out the toothpaste and rinse.

EATING & DRINKING:

First 24 Hours: Following surgery, your diet should be restricted to soft, cold foods such as jello, pudding, yogurt, apple sauce, milkshakes, cottage cheese and ice cream. Soup is fine if it is at room temperature.

After 24 Hours: Gradually progress to foods which are easily chewed and swallowed such as: cooked vegetables, pasta, baked fish. Avoid hard/sharp foods such as popcorn, chips, carrots and apples. If the procedure was on one side, use the opposite side of the mouth. DO NOT SKIP MEALS, good nourishment is essential for proper healing.

ACTIVITIES: Plan to rest at home the remainder of the day of surgery. After 24 hours you may return to your regular schedule, but avoid strenuous activities such as heavy lifting, jogging and strenuous exercise programs for 1 week following surgery.

MEDICATIONS: **ANTIBIOTIC** - Take any prescription antibiotic as directed (It is imperative that you complete all the medication.) If an allergic reaction arises, stop taking the medication at once and call our office immediately. **STEROID** - Begin the day of surgery if prescribed (If IV sedation start the day after surgery). **FOR DISCOMFORT** - Take two (2) Extra Strength Tylenol (Acetaminophen) totaling 1000mg and **Alternate** every four hrs with four (4) Advil or Motrin (Ibuprofen) totaling 800mg 4 times a day for 3 days OR take prescription pain reliever if prescribed as needed. Pain will slowly improve with time for up to 2 weeks.

SWELLING: Some swelling or bruising may occur after surgery and may last up to 1 week. To minimize this, apply an ice pack to the external area for the first day only for 20 minutes on - 10 minutes off and repeat for 2-3 hours. Swelling is part of the healing process and will usually peak at 3 days following surgery.

BLEEDING: Slight bleeding or oozing is normal during the first 1-2 days following the surgery. For recurrent bleeding, apply moistened gauze or small wash cloth to the bleeding area with **consistent pressure for at least 30 minutes** (Do not relieve pressure periodically to check if bleeding has stopped as this will only cause the bleeding to continue). If excessive bleeding continues, please call the office or proceed to closest Hospital Emergency Room.

SMOKING: DO NOT SMOKE for 3 weeks after surgery! Smoking not only delays the healing process, but is detrimental to the result of your surgery.

SUTURES/PACKING: Your sutures will be removed at subsequent postoperative visits. If a suture comes loose, DO NOT remove on your own. If a packing was applied to your teeth and gums it will set within the hour. This protective covering is for your comfort only and will not withstand the stresses of direct chewing. If it comes loose or falls out, it is not a concern, however may be repacked if you desire and are uncomfortable.

EMERGENCIES: Contact our office during regular business hours (847-605-0280) or after hours at (312)813-9669 or (847)602-8033.

Patient Signature:

Date:

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