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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 since most contain alcohol and may sting.

**No vigorous mouth RINSING or SPITTING for 1 week after surgery.** Beginning the day following your procedure you may use warm salt water to gently rinse and freshen up the mouth especially recommended after meals. 1 teaspoon salt to 8 oz warm water.

### **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 cold damp 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:** Your sutures will be removed at subsequent postoperative visits. If a suture comes loose, DO NOT remove on your own. Sometimes sutures can cause an ulceration on the inside of the lip. If it is unbearable, please let us know and we can treat accordingly

**Questions:** Please call our office during regular office hours at # 847-605-0280.

**Emergencies:** If life threatening, please go to the nearest emergency room or call 911.

This would include, but not limited to: Uncontrollable bleeding, severe allergic reaction, difficulty breathing, swelling preventing swallowing, etc.