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practice limited to periodontics
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STAYPLATE MUST BE WORN
____ DAYS BEFORE REMOVING
ONLY REMOVE TO CLEAN.

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. If sedation was given to you, it will make you feel drowsy for the rest of the day. Stay off your feet as much as possible and do not operate anything potentially dangerous.
DO NOT DRIVE.
2. The numbness will wear off in 2-3 hours. The **KEY TO COMFORT** today is to start your medication as soon as you arrive home. This will ensure that the medication has taken effect before the numbness wears off. Please follow your medication instructions carefully.
3. An ice pack should be placed on the treated areas, using an alternating schedule for best effect. 20 minutes ON and 10 minutes OFF is ideal – to be continued in this manner for 3 days (as much as possible). **Ice is important to prevent or minimize swelling.**
4. **DO NOT RINSE FOR THE FIRST 12 HOURS** or brush your teeth. Rinsing can cause bleeding. You may gently swab your mouth with gauze or a moistened cotton swab to clean. **No waterpik use in the surgical areas, especially with bone grafting procedures, until instructed by doctor.**
5. **NO SMOKING DURING THE HEALING PERIOD.** Nicotine and the effects of smoking will impede the healing process.
6. Stitches have been placed which will ensure proper healing. It is normal to lose some stitches prior to your next appointment.
7. You may eat as the numbness wears off. A soft diet is encouraged, but there is no need to remain on liquids. Do avoid hard, crunchy foods, such as popcorn, hard crusty bread, pizza, peanuts, etc. Use your common sense.
For the next few hours, let food and liquids cool to lukewarm. Anything too HOT in the first 24-48 hours may cause swelling.
8. Although bleeding is uncommon, should **MILD BLEEDING** occur, take gauze or a moistened tea bag and place it in your mouth directly on the area that is bleeding. Hold it there with pressure for about 20 minutes. If this does not stop the bleeding, repeat the process for another 20 minutes.
9. A dressing may or may not be placed around treatment areas. It will become hard within a few hours. It is not uncommon for part or all of the dressing to fall off within a few days.
10. Extraction: **Do not rinse or spit for 24 hours.** When leaving the office, you will be biting on gauze. Please change gauze every 15-20 minutes for the next 2 hours for today only!
11. Connective Tissue Graft (Gum Grafts)- **Do not pull lips or cheek to look at the area.** This may cause the graft to move and sutures to loosen.

Day 2

Continue medication, if needed, and eat as you feel comfortable. **You may brush and clean as comfort allows and use mouthwash, if prescribed.**