

# **Gary S. Barker, DMD, FAGD**

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**General, Reconstructive & Cosmetic Dentistry**

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## **POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY**

1. Do not rinse, spit or drink through a straw for 24 hours after your surgery. Strong suction in the oral cavity may cause post-operative bleeding.
2. **DO NOT SMOKE** for at least 48 hours after surgery. It would be best to stop for the entire week following any procedure, as smoking increases the time it takes for the area to heal.
3. Do not perform any oral hygiene for the remainder of the day of your surgery. Beginning the day following your surgery, you may return to your normal hygiene regimen for all untreated areas of your mouth. The surgical site, however, should not be touched. You will be prescribed an antimicrobial mouth rinse for use in this area during your post-operative phase.
4. Some degree of swelling is normal and to be expected following surgery. Immediately after your procedure, you will be given an icepack to place on the face adjacent to the treated area. Alternate 10 minutes on and 10 minutes off with the icepack for the first 2-3 hours following your procedure. This will help reduce any discomfort and swelling. Patients receiving soft tissue grafts will be exempt from this regimen.
5. A small amount of bleeding, which mixes with saliva is normal after surgery. If a larger amount of blood flow is seen, place gauze on the area and apply gentle, consistent pressure for a minimum of 20-40 minutes. If the bleeding persists or a large clot forms in your mouth, please call the office during normal house or call Dr. Barker at the number below.
6. Please refrain from vigorous exercise for the first 24 hours following surgery.
7. Avoid eating or drinking anything very hot or cold for the first few days after surgery. Your diet should be relatively soft during this time and you should chew on the opposite side of your mouth from where surgery was performed.
8. Your teeth may experience some degree of increased temperature sensitivity. This is common immediately after surgery and will decrease gradually. Fluoride rinses or gels may be prescribed to aid in reducing this sensitivity.
9. If you have received a soft tissue graft, do not pull or tug on the lip or cheek to inspect the surgical site, as you may disturb proper healing. Grafts are delicate and should not be pulled or abraded in any way. Keep talking to a minimum for the first 24 hours.

### ***MEDICATIONS***

**Ibuprofen:** You will be given 1 tablet at the time of surgery. This should be followed by taking 1 tablet every 6 hours for the first 48 hours after surgery, even if no discomfort is experienced. If you do not tolerate NSAID medications well, you may take Tylenol, but may experience more post-operative swelling as there is no anti-inflammatory benefit provided by this pain reliever.

**Perioguard Mouth Rinse:** All patients will be prescribed this medication. It is an antimicrobial mouth rinse designed to help keep the surgical site clean during the post-operative healing period when you are unable to follow your normal hygiene regimen in the treated area.

**Antibiotic:** Individual instructions will be provided depending on the particular case and patient. Follow the instructions on the label of your medication.

**PLEASE CALL THE OFFICE IF YOU HAVE ANY CONCERNS  
443-914-2210 Leave name, phone number and a brief message**