

# POND SQUARE DENTAL

INFORMATIONAL LEAFLETS

## AFTERCARE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

### **PAIN AND FEELING UNWELL**

Do not underestimate how this will make you feel. You should take painkillers immediately after the operation for 3 - 4 days (e.g. Paracetamol 500mg tabs, or 400mg Ibuprofen if not contra-indicated. Aspirin should be avoided).

I would recommend taking ibuprofen (600mg daily) for 4-5 days even if you don't experience pain, it will help reduce localised inflammation. Rest for a few hours or the rest of the day. Some people experience a period of feeling unwell up to a few days after the surgery. Do not be alarmed, and this will pass.

### **SWELLING**

The maximum swelling will occur during the first 72 hours and then decrease daily. This may hinder speech and eating. On occasion, you may experience bruising which may manifest itself on the cheek or jaw after a day or two. This will disappear after a few days.

### **BLEEDING**

Bleeding is not common with periodontal or implant surgery. You may experience some oozing for a few hours or may find a little blood on your pillow when you wake up the following morning. However, if you do get bleeding, apply pressure to the area with a gauze pad or clean handkerchief for 30 minutes. Avoid removing and replacing the pad – simply apply constant pressure for the given time. Do not remove blood clots from the surgical area by vigorous rinsing – this prevents clotting and will result in continued bleeding and suboptimal wound healing. If there is any excessive bleeding which cannot be controlled with 15 minutes of constant pressure please attend your local hospital.

### **LOVE YOUR SMILE**

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### **MOUTHWASH AND TOOTH CLEANING**

Curasept/Peroxyl/Corsodyl mouthwash (mouthwash provided - keep it in the fridge) is very useful for reducing plaque build up in areas where you cannot brush.

Except for the surgical site, clean all other areas with normal toothbrushing and interdental cleaning.

For the surgical site bathe (hold) the mouth with 10ml (capful can be diluted with water) of Corsodyl or Curasept, Peroxyl (mouthwash provided) for a full minute, concentrating around the surgical site, very gently. This needs to be carried out 3x a day for 2 weeks or until you see me for a review where I will provide you with further instructions.

Do not carry out any interdental or regular brushing on the surgical area until you see us for a review appointment. Warm saltwater rinses may also help healing for the first few days – this needs to be done before using the mouthwash provided, and not instead of it.

Again, for the first 5 days the area should be BATHED AND NOT RINSED.

After 5 days or so you may begin to rinse. Ultimately, the goal is to keep the stitches intact, the gum closed and allow for the bone graft (if used during surgery) and or blood clot material to stay in place and bed in. If for whatever reason some excess any material residue is felt in mouth in the first few days, do not be alarmed.

### **ANTIBIOTICS**

If prescribed antibiotics, please finish the course (unless adverse side effects are experienced) and follow the instructions on the bottle.

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### **FOOD**

Avoid hot fluids, alcohol, hard foods and be sure to drink lots of fluids for a few days. If you have had implant/periodontal gum surgery, eat many small meals a day and eat foods with a soft consistency. Try to avoid tough, crunchy foods for the first week.

### **WORKING OUR**

You can resume your usual working routine 1 week after the procedure.

### **SUTURES**

Depending on the procedure, you may or may not have had dissolvable stitches placed. In some cases, an appointment for follow-up and suture removal is required 10 – 14 days after the surgery. If you have any problems or concerns, please do not hesitate to call or email the clinic.

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