

PERIODONTAL SURGERY

1. The operation just performed on the gums was a surgical procedure. Local anesthetics, sutures, and dressings are used to make you more comfortable. There should be no ill effects from the operation. In order to relieve any discomfort the doctor has prescribed specific medication to be taken as prescribed. Take the medication that is prescribed for you.
2. The material that is around your tooth is a periodontal pack or dressing which is comparable to a surgical dressing used in other types of operations. It serves a very useful purpose. It is beneficial to you, of protection the sites, and should not be disturbed.
3. The periodontal pack is hard immediately. In order for it to stay in place for 1-2 weeks please avoid eating and/or disturbing the pack in any way.
4. The periodontal pack should be permitted to remain in place until your next appointment.
5. You are not to rinse your mouth today. Begin normal brushing tomorrow and only start rinsing in 3-4 days with warm salt water or Hydrogen Peroxide. Lightly swish around then empty.
6. Do not use your toothbrush on the periodontal pack. You may brush in the usual manner in all other areas of the mouth while healing.
7. You may follow your regular daily activities tomorrow, avoiding excessive exertion of any type. Golf, tennis, swimming or sun bathing should be postponed for 3 days after the operation.
8. There may be occasional bleeding for the first 4-5 hours after the operation. This is not unusual and will correct itself. Under no circumstances should rinsing be used to stop the bleeding. If bleeding persists and you are unable to reach the doctor, place a simple wetted bag of tea (Lipton) on area and hold for 5 minutes. Do this until the bleeding stops.
9. In order to prevent appreciable swelling, place some ice cubes in a towel or use the ice bag provided and hold it against the face for 5-10 minutes every half hour for the remaining hours today. Tomorrow and thereafter, apply moist heat externally for 5-10 minutes every hour to reduce swelling.
10. As long as body temperature remains no more than 1 degree above normal, all is normal.
11. If any other problems arise, please do not hesitate to call the office during normal business hours or Dr. Abate at home after hours: 408-354-8014. Otherwise we will see you at your next appointment.