



Instructions for After Periodontal Surgery

Office: (916) 446-9100

Dr. Korn Cell: (916) 947-5676

First 4-6 Hours

- Rest. Talk as little as possible. Limit your movements.
- Use an ice bag for 20 minutes per hour for 4 hours.
- No rinsing or spitting.
- Don't worry about streaks of blood in the saliva. This is normal for the first couple of days.
- If there is considerable bleeding (dark red globs), lie down and apply direct pressure on the area with a damp gauze or a damp tea bag. Call MacKenzie or Dr. Korn if the bleeding doesn't stop.
- You can eat soft foods and liquids. If the food goes "crunch," it's too hard. For example, a taco is too hard, but a burrito is fine. Drink liquids lukewarm. No drinking through a straw. Avoid rinsing or anything that makes turbulence in the mouth.

First 24 Hours

- Take 800mg ibuprofen (4 tablets of Advil) or 2 tablets of Aleve every 8 hours following the surgery.
- No rinsing or spitting.
- No exercise or lifting. Take a walk outside if you feel up to it.
- Continue your normal brushing and flossing in the untreated areas. No brushing or flossing in areas that were treated. Wait until tomorrow to rinse with anything, including water.

Days #2 and #3 After the Surgery

- Continue to take 800 mg of ibuprofen or 2 tablets of Aleve every 8 hours.
- You can eat soft foods and liquids. No drinking through a straw.
- No strenuous exercise or lifting. If you have experienced no bleeding for 24 hours, you can begin to exercise lightly. Discontinue immediately if bleeding begins, and follow the directions above.
- If you have been prescribed a mouth rinse, start using a half capful after meals and after brushing. Continue your normal brushing and flossing in the untreated areas. Light brushing of the treated teeth is OK now.

Rest of the First Week

- You can eat soft foods and liquids. No drinking through a straw.
- If you have been prescribed a mouth rinse, keep using it. Continue your normal brushing and flossing in the untreated areas.
- When your stitches are removed, discontinue the rinse and resume flossing immediately, albeit gently. Resume brushing in all areas, being careful not to do anything painful. A small amount of blood from the treated area is normal for a few days.

2241 Sunset Boulevard, Suite B
Rocklin, CA 95765
Phone: (916) 786-9100
Fax: (916) 446-2247

2830 G Street, Suite 100
Sacramento, CA 95816
Phone: (916) 446-9100
Fax: (916) 446-2247