



POST OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY

1. Medication

- * Medications should be taken with plenty of liquid and food.
- * Continue taking all prescribed *daily* medications as usual.
- * **Be sure to finish the antibiotics as prescribed.**
- * Use anti-inflammatory pain medication as prescribed. Do not exceed the recommended dosage

2. Day 1

- * Apply an ice pack for 15 minutes on/off for remainder of the day.
- * Diet: soft foods (chicken, fish, pasta, yogurt, soup, etc.). Good nutrition is important during healing. Keep to softer and non-spicy diet for the week.
- * Brush your teeth as usual **except** around the surgical area.
- * Get plenty of rest.
- * It is normal to find blood in the saliva for the first 24 to 48 hours. If bleeding occurs, sip on iced tea, or use a moist caffeinate tea bag with pressure to the area for 10 minutes if necessary.

AVOID: 1st 24 HOURS

- * Rinsing /Spitting
- * Strenuous physical activity or exertion for 3 days
- * Hot foods / drinks
- * Drinking from a straw /carbonated beverages
- * Smoking

3. Day 2

- * Rinse with prescribed anti-bacterial mouth rinse. Try to keep your mouth as clean as possible to promote healing.
- * If swelling occurs, apply warm compress on the surgical site for 15 minutes on/off for remainder of the day.
- * Avoid brushing and flossing the surgical area until Day 7

If you have any questions or concerns please call the office 413-786-2341 or Dr. Ramirez 787-402-6759

