

**Little Falls Dental**  
**245 Paterson Ave**  
**Little Falls, NJ 07424**  
973-256-3912

**POST-OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY**

1. Do Not rinse today, and AVOID extremely hot food/drinks for the next few hours.
2. DO NOT SMOKE!
3. SENSITIVITY: The uncovered area may be sensitive to extremes of hot, cold, and spicy food. Rinse gently with warm water 4 (four) to 5 (five) times a day will help.
4. SWELLING: Some swelling and temporary loosening of the teeth may be expected. Apply an ICEPACK to the face, if directed, 10 (ten) minutes on and 20 (twenty) minutes off for two hours today. **DO NOT USE HEAT.** It usually takes from 2(two) to 4 (four) days for the swelling to recede.
5. BLEEDING: If bleeding occurs, **DO NOT RINSE.** Place gauze or a moist teabag over the area and hold firmly for 20 (twenty) minutes. Repeat if necessary.
6. MEDICATIONS: Mild discomfort can be controlled with two aspirin or similar tablets every 4(four) hours. If a pain reliever had been prescribed, be sure to take all the pills as directed.
7. HYGIENE: Brush the rest of your teeth as usual. **DO NOT** brush the teeth in the surgery area. Instead, rinse this area thoroughly with warm water starting tomorrow. It is extremely important to keep the mouth **CLEAN** in order to promote proper healing. \
8. DIET: It is most important that you maintain a nutritious diet. Try to eat on the side opposite the surgery. Avoid foods that are hard, hot, spicy, or salty. Dilute citrus juices with an equal amount of water.

Good Foods: Milk, Fish, Eggs, Soup, Cheese, Chopped Meat, Jello, Baby Food, Mashed Potatoes, Instant Breakfast, Custard, Yogurt, and, Metracal

9. HEALING: While gum recession does result from surgery, it is never as mush as it appears to be during the first few weeks. As healing progresses, the normal color and smooth, more natural shape will return.
10. RETURN VISIT: Your first post operative visit will be scheduled 2(two) to 4 (four) weeks after surgery. Sutures will gently be removed and the area cleaned.

Our interest in the case does not cease with the completion of the operation. If any difficulty arises at any time, please call the office to schedule an appointment.