



## BOSTON PERIODONTICS & DENTAL IMPLANTS

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### *Post Operative Instructions - Periodontal Surgery*

1. The material covering the treated areas is a periodontal surgical dressing. Small particles of the dressing may chip off. If a dressing is loose or if you have pain as a result of the dressing breaking away, please call the office.
2. Until the dressing hardens - approximately one hour - avoid hot foods and beverages.
3. Nourishment is important for the healing process. Eat foods that are easy to chew, and supplements such as protein shakes may be used as needed. **Do not rinse heavily, swish, or drink from a straw for the first 24 hours after surgery.**
4. Avoid excessive exertion of any type including cardiovascular exercise for 24 hours after the surgery.
5. You may chew slowly on the opposite side of your mouth from your surgical site, but you should avoid hard foods that require heavy pressure for chewing. You should avoid alcoholic beverages if you are taking sedative or narcotic medications.
6. In some cases, you may experience edema or swelling. Swelling is often delayed until 24 to 48 hours after surgery. You can expect that 48 hours after the surgery your swelling will peak and then begin to dissipate. Any swelling may be kept to a minimum by holding an ice-pack on the outside of your face, adjacent to the treatment area, for the first four to six hours after your surgical visit – 20 minutes on, 20 minutes off. Ice should not be used after the first 24 hours as it may extend the duration of swelling.
7. Occasional bloodstains in the saliva may be expected. Your saliva may look light pink in color -- this is normal for the first 24 hours after the surgery. If some bleeding continues, take a piece of gauze or a dry tea bag (damp with cold water) and cover the area and apply pressure for approximately 10 minutes. If bleeding does not stop, please contact Dr. Nevins.

8. Do not use a toothbrush on the surgical site. Brush and floss the other areas of your mouth very gently. If you develop an unpleasant taste in your mouth, you may rinse gently with diluted mouthwash or Peridex if it was prescribed to you. Do not rinse heavily unless more than 24 hours have passed since your surgery.
9. Rinse twice a day with the Peridex (chlorhexidine gluconate) oral rinse if prescribed beginning 24 hours of the surgery.
10. Please take your prescribed antibiotic until it is completely finished.
11. If you are currently taking oral contraceptive medication please beware that any antibiotics taken can interfere with the birth control for one full cycle.

If you have questions, please call us at: 617-720-0285

***In case of emergency after hours please call Dr. Nevins' cell phone:  
(617) 901-0647***