



**PERIODONTAL GUM SURGERY
HOME CARE INSTRUCTIONS**

- You may have a gauze pack in your mouth, bite down on it with regular pressure for 45 minutes to help control post-op bleeding;
- Avoid alcohol and smoking for at least 24 hours;
- Avoid rinsing or spitting after procedure. Start salt water rinses after lunch time of the following day (1 tea spoon of salt dissolved in 1 cup of tap warm water);
- Avoid exercise for 48 hours to prevent bleeding. If possible after the surgery go home and relax as much as possible. Vigorous exercise such as tennis or aerobics should be avoided for the first week post-op;
- Sutures were placed to stop bleeding and help facilitate healing. These will dissolve in 7 to 10 days or will be removed in 2 weeks. Do not pull on the sutures, if necessary come in for sutures removal;
- Do not brush your teeth today to prevent sutures from being dislodged;
- The affected teeth may appear loose till complete healing has taken place;
- Roots of teeth uncovered following surgery may become temporarily sensitive;
- Some discomfort and swelling is expected after gum surgery. Take pain killers as prescribed before local anesthesia wears off;
- Post-op bleeding and bruising may occur. If bleeding has not stopped use extra gauze pads provided or wet tea bag to apply pressure to the area;
- Eat liquid diet for the first 24 hours, and a soft food diet starting the following day. Try and avoid particles that could get lodged in the wound to prevent infection formation. You may wish to take supplement for vitamin C and B complex as well to speed up healing;
- Take all medications prescribed (pain killers, antibiotics, medicated oral rinse) in the regimen designed for your situation;
- If **Emdogain** regenerative procedure has been done **do not brush** the area for the next **2 weeks** and **do not floss** for the next **6 weeks**. Please use the medicated rinse prescribed 2 times a day as recommended for such periods of time.
- Be kind to yourself, you just had minor oral surgery.

Please do not hesitate to contact our office or Dr. Queiroz at 647 285 7528 should any unwanted situation develop.