

Annapolis Periodontics

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Post-Surgical Instructions for Periodontal Surgery

- **ICE** 20 Minutes on and 20 minutes off for **24 hours**. **DATE:** _____
- Take _____ every **4 hours** **the day of surgery** and every **6 hours** the **first 2 days after** surgery or as needed after 24 hours.
- If needed, take ½ a tablet of Hydrocodone with food.
- **DO NOT** rinse, spit, or use a straw for **24 hours**.
- Take antibiotics until finished completely.
- Start to rinse with _____ the **morning after surgery**. Use at least twice a day, morning and night.
- **DO NOT** brush or floss area(s) worked on. You can brush and floss uninvolved areas
- Nothing hot or spicy for **24 hours**.
- For two weeks you will be on a soft diet (ex: pasta, scrambled eggs, yogurts etc.).
- If any bleeding occurs, apply pressure with moist gauze for **at least 20 minutes**.
- If a dressing was placed, occasionally part or all the dressing may fall off. It **DOES NOT** need to be replaced.
- If a stent was placed, wear it for **24 hours** and then take it out and rinse mouth and replace after every meal.
- Relax after surgery and keep head elevated.
- **DO NOT** exercise or drink alcohol for **48 hours** after surgery as this may cause excessive bleeding.
- Bruising and swelling is to be expected.

CALL IF:

- EXCESSIVE BLEEDING OCCURS
- PAIN IS NOT CONTROLLED BY PRESCRIBED MEDICATIONS
- FEVER OR ALLERGIC REACTION TO MEDICATION OCCURS

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Assistant Initials _____

Patient Initials _____