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**INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING PERIODONTAL SURGERY  
EXTRACTION WITH BONE GRAFTING**

1. Keep your mouth still until all the anesthetic has worn off, (no eating, drinking, smoking, talking, etc.) to avoid biting your lip or cheek or creating some other traumatic injury.
2. Some slight bleeding is to be expected for 12-24 hrs. following surgery. Firm pressure with a moistened gauze pad will control most bleeding. A moistened tea bag can be substituted for the gauze pad, if bleeding persists or is heavier and bright red, call the office.
3. Some swelling and bruising of the area around the surgical site is expected. Swelling will begin on the 2<sup>nd</sup> day after surgery and get worse on the 3<sup>rd</sup> and 4<sup>th</sup> days and then lessen on the 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> days. Swelling can be minimized by placement of a cold pack to the face in the area of the surgical site. Put the cold pack on for 5-10 mins. and then off for a couple of mins. Repeat for one hour. After the 2<sup>nd</sup> day post-surgically a warm compress is more soothing than cold.
4. Postoperative pain and discomfort are expected. The discomfort you experience may be inconsistent during the first 7-14 days. You may have a good day followed by a day with increased discomfort.
5. The membrane used to protect the graft is white and may be visible. You will also likely notice some small pieces of grit in your mouth during the first week. These are a few of the graft particles which work their way out. This is normal. The stitches we use are dissolvable and may begin loosening in 5 days.
6. Do not brush the teeth in the surgical site for the first week following surgery.
7. A number of medications may be prescribed following your surgery including medications to control pain and prevent infection. Take these medications as directed. Any medications you are already taking should be continued.
8. **Do not do any rinsing** in the area of the extraction and **do not use a straw for drinking** during the first 2 weeks following extraction. Both could cause bleeding and interfere with the bone graft.
9. Start a soft diet after surgery and **avoid chewing in the area of the surgery**. Make sure your diet is well balanced and high in protein (cheese, eggs, fish, ground meats, pasta, rice, cooked vegetables and fruit). You may find it necessary to add a liquid diet supplement if chewing foods is difficult.
10. If you have ever experienced a cold sore in your mouth or on your lip, the stress your body goes through while healing may cause an outbreak of these cold sores. You could notice a sore spot on your lip or blisters and a burning sensation on your gums including the roof of your mouth. This is not an unusual occurrence and will heal in 7-10 days.
11. Please call if you have any questions or problems. If you can not reach me at the office call me on my cell phone. If I can not answer please leave a message and I will call you back. We want to do anything to make your post-surgical healing as comfortable as possible.
12. Additional instructions: