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***INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING PERIODONTAL SURGERY
GINGIVAL GRAFTS***

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, this is especially true from the roof of the mouth. Firm pressure with a moistened gauze pad on the roof of the mouth will control most bleeding. A moistened tea bag can be substituted for the gauze pad. If you experience bleeding which persists or is heavier and bright red, call the office.
3. Some slight swelling and bruising of the area around the surgical site is expected. Swelling will begin on the 2nd day after surgery and get worse on the 3rd and 4th days and then lessen on the 5th, 6th, and 7th 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 2nd day post-surgically a warm compress is more soothing than cold.
4. Unless otherwise directed do not brush the teeth in the surgical site for the first week following surgery.
5. A periodontal dressing may be placed over the surgical site to protect the wound. This is an important step in some procedures, **if the dressing becomes loose or falls off** please call the office.
6. A number of medications may be prescribed following your periodontal surgery including medications to control pain, antibiotics, and antibiotic mouth rinses. Take these medications as directed. Any medications you are already taking should be continued.
7. Gentle rinsing with warm salt water can be done **if no dressing has been placed or after it is removed**. This can be soothing to the gums and may be repeated as often as needed.
8. 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.
9. 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.
10. 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.
11. Additional instructions: