

POST OPERATIVE INSTRUCTIONS

1. Following periodontal surgery you may experience discomfort as the local anaesthetic wears off. Medication for relief has been prescribed. Please take as directed.
2. To minimize any swelling, apply an ice pack to the side of your face alternating 20 minutes on and 20 minutes off for the first 24 hours following surgery. If any swelling persists after 48 hours, a warm compress may provide relief.
3. Please limit yourself to a soft diet that is not too hot, cold or spicy for the next few days. In a few days you may eat normally, but try to avoid chewing on the side of the surgical site.
4. For the first 48 hours following surgery, please avoid:
 - a. Smoking
 - b. Using a straw or spitting
 - c. Alcohol
 - d. Strenuous activity
5. A few hours after you leave the office you may notice that your saliva is slightly pink in colour; this is normal. If you experience increased bleeding:
 - a. Do not rinse your mouth.
 - b. Do not smoke.
 - c. Apply gentle pressure at the site with cold wet gauze or wet tea bags for 20 minutes.
 - d. Limit activity (avoid excessive exertion of any type).

If bleeding persists, please call the office at (416) 431-0400 or emergency number immediately.

6. If a periodontal dressing has been applied, it should not be disturbed. However, if the dressing falls off, you may start salt water rinses and gentle brushing.
7. If Chlorhexidine (Peridex) mouth rinse is prescribed, rinse for one minute, two times a day.
8. The teeth in the area of surgery may appear to be looser until complete healing and final therapy is achieved. Try to avoid grinding or moving these teeth with your tongue or fingers. It is possible to produce further loosening or movement of the teeth with such habits.

**IF YOU HAVE ANY PROBLEMS AFTER HOURS, DR. BUDD CAN BE REACHED AT (416) 230-6963
OR YOU CAN CONTACT THE DENTAL EMERGENCY SERVICE AT (416) 485-7121**