

## Periodontal Flap Surgery Instructions

### Brushing / Flossing

- Do not brush the gum line of the treated area(s)
- Brush only the chewing surfaces (tops) of the treated teeth for 1 week.
- Do not floss the treated teeth for 1 week.
- Brush and floss all other teeth normally.

### Eating

- Avoid hot temperature food/drinks the day of the surgery (coffee, tea, soup).
- Soft foods (fish, pasta, etc.) will be desired for the first few days.
- Avoid crunchy, salty, spicy foods (pretzels, butts, chips) for 1 week as they will irritate the treated area(s).
- Avoid drinking with a straw for 3 days as it can create bleeding.

### Chewing

- Do not chew with teeth that have been treated (chew on the other side of the mouth) for 1 week.
- If both sides of the mouth have been treated, chew lightly.

### Discomfort

- Once the numbness wears off, you may experience discomfort.
- The treated area(s) could remain tender up to one week.
- “Delayed discomfort” is possible. This means that you may feel little to no discomfort the 1st week but do experience some the 2nd week.
- A cold pack can be gently placed on the outside of the cheek for up to 20 minutes every 2 to 4 hours. This is most effective the first 24 to 72 hours following the surgery.

### Bleeding

- It is normal to experience slight bleeding for the first 2-3 days.
- Gauze will be sent home with you to bite on if the area bleeds. Fold a piece of lightly moistened gauze into a small square; place it in the area that is bleeding and bite. Change the gauze about every 5 minutes until you no longer see any blood.
- Some medications can increase the amount of bleeding such as aspirin, Plavix, Coumadin.

- If the area continues to bleed with the gauze in place, remove the gauze and replace with a moist small tea bag. The tannic acid in the tea will help to control the bleeding. Unfortunately the taste is not pleasant.
- If excessive bleeding occurs after attempting the above procedures, call the office number (317) 844-2792 or after hours emergency number (317) 691-4169.

## Sutures

- Sutures (stitches) are absorbable and will come out within 5-10 days. They may untie and become loose. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you can trim with small scissors.

## Working

- It is not advised to return to work the same day of surgery due to possible discomfort and bleeding.
- You likely will be able to return to work the following day.
- If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day.

## Exercising

- Avoid exercising or heavy lifting for 2 days.

## Smoking

- It is best not to smoke during the 1st week following the surgery as it will delay the healing process.

## Prescription Mouth Rinse

- Rinse twice daily (after breakfast and before bedtime) for 1 week.

## Antibiotic

- Take as directed until gone.

## Pain Medication

- Take as needed: Ibuprofen, Tylenol, Advil, or prescribed medication.

## 1 Week Follow-Up Appointment

- An appointment will be scheduled for you to return 7-10 days following the surgery to evaluate the treated area(s) for healing.
- At this time, your next follow-up appointment will be determined.

### Questions or Concerns

- Office # 317-844-2792
- After hours emergency # 317-691-4169