



**Lincroft Village
Dental Care**

9 Middletown-Lincroft Road
Lincroft, NJ 07738
732-842-5005

Periodontal Post-Operative Instructions

Care of Surgical Site:

You should avoid eating, drinking for at least 2 hours after surgery. Smoking is not recommended, especially during the healing time. Do not rub your face in the area of the surgery. Complete healing of the soft tissue occurs in 6-8 weeks.

Brushing/Flossing/rinsing:

On the day of surgery, teeth should **NOT** be brushed. Twenty-four hours after surgery, brushing and flossing of teeth and mouth rinsing should be resumed, but do **NOT** brush or floss on the surgical site. Use Peridex rinse as directed for 1-2 weeks after surgery. Within this time frame staining is possible and you may need to stop rinse and switch to an over-the-counter rinse such as Listerine. Frequent gentle rinsing with warm salt water will aid the healing process and also help keep the mouth clean.

Pain:

A certain amount of discomfort or pain can be expected following all types of surgery. Usually, this is slight and can be controlled by taking 800mg of Ibuprofen (4tabs of 200mg Advil) every 4 to 6 hours as needed for pain. Avoid clenching or gritting of teeth after surgery since pressure on the teeth will cause pain. If more acute pain is experienced, take the prescription medication that was prescribed according to directions.

Use of Ice Pack:

A slight amount of swelling and discomfort is expected following today's procedure. To minimize swelling apply an ice bag on the side of face, 20 minutes on, 20 minutes off for 3-4 hours. If swelling persists for more than 3 days contact Dr. Mercurio.

Eating:

Avoid eating for 2-3 hours following surgery. Chew only on the opposite side of surgical site. **DO NOT** chew anything on the side where surgery was performed for the next two weeks.

Post-op Appointment:

Your post-op appointment is to remove your stitches and evaluate healing.