

## Post Operative Instructions after Periodontal Surgery

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1. **DO NOT** disturb or touch the wound.
2. **DO NOT** brush surgical site until sutures are removed.
  - a. Dr Khaled will tell you if your sutures are dissolvable or if you will need to have them removed.
3. **DO NOT** sleep on your face or look at surgical site in the mirror. Sleep on your back.
4. **DO NOT** spit. Avoid vigorous rinsing or spitting for the next 2-3 days.
5. **DO NOT** apply pressure with your tongue or fingers to the surgical site.
6. **DO NOT** lift or pull on your lips to look at sutures.
7. **DO NOT** smoke or drink alcoholic beverages.
8. **SWELLING** is normally expected after most surgical procedures. Most swelling will not become apparent until the following surgery day.
9. **BLOOD CLOTS:** If a blood clot develops, take an ice cube wrapped around in gaze, and place in surgical site.
10. **ICE PACK:** may be used for 3-5 hours after surgery – 20 minutes on and then off for 20 minutes while awake.
11. **PERIDEX ( oral rinse)** – Once a day, use Peridex to clean area for 30 seconds. Let sit in mouth, no swishing, then let it drool out of your mouth. Do not use water for 30 minutes after using the rinse.
12. **PAIN MEDICATION** – Take prescribed medication – 1 tablet 3 times a day for 7 days ( every 8 hours) to help with pain and inflammation, taking medication on an empty stomach may cause nausea. It is recommended to take pills wit food or drink. Advil or Tylenol may be used if still experiencing pain between taking prescribed medication.
13. **ANTIBIOTICS** - If antibiotics were taken on surgery day, take NOTHING for the rest of the day. Begin antibiotics the next day - 1 tablet 3 times a day for 7 days ( every 8 hours) , take until gone.
14. **DIET** – Wait until the local anesthetic has completely worn off before beginning to eat.
  - a. **NO HOT BEVERAGES OR FOOD FOR 5-7 DAYS. HEAT RESULTS IN BLEEDING.**
  - b. **DO NOT** USE STRAWS until sutures are removed.
  - c. **TODAY, start with plenty of fluids for the first 24 hours. COLD LIQUIDS ONLY!**
  - d. **TOMORROW:** You may eat anything SOFT and COOL, something you can swallow ( mashed potatoes, soup, jello) NO RAW FRUITS AND SALADS.

**Note:** Prescriptions written for the following:

- Antibiotics
- Peridex
- Pain Medication

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### Emergency Phone Number (After Hours) (669)274-7774

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