



Information and Instructions Following Periodontal (“Gum”) Surgery

Will I experience any discomfort after the anesthesia (“freezing”) wears off?

There may be some minor discomfort and swelling, but this is quite normal. The pack or dressing will help to minimize discomfort, but before the anesthetic wears off you should take one or two analgesic pills (“pain-killers”) as recommended by us for treating you. Then, do not take any more of these pills unless you are uncomfortable. Under no circumstances should you use any aspirin-containing pills as aspirin encourages bleeding.

If the pack comes off or becomes loose, it will probably have to be replaced. In any event, please contact us or leave a message at (613)966-5118.

May I rinse my mouth?

No. You should not rinse your mouth for at least 24 hours. After that, if need be, you should rinse gently so as not to dislodge the pack.

What may I eat?

While you are wearing the pack, you should keep to a soft, bland diet, and for the first 24 hours you should avoid really hot or really cold foods and drinks. You should select foods high in protein and vitamins as these will facilitate healing. Well-cooked vegetables and fish and eggs and dairy products are recommended, provided that you are normally able to eat these foods. You may wish to take a supplement for vitamins C and B complex as well.

Will I have bleeding in my mouth following surgery?

It is not unusual to have some very minor bleeding for 24 hours following periodontal surgery. Because blood mixes with saliva it may appear to be more blood than it really is. You should not be concerned and avoid spitting or rinsing. If there are large blood clots visible or considerable bleeding several hours after the surgery was done, you should do the following:

- Take a piece of moist sterile gauze and form it into the shape of a “U”
- Holding the gauze between the thumb and index finger, apply the moist gauze to both sides of the pack and maintain gentle pressure for twenty minutes
- Do not remove the gauze during this period to examine it

If the bleeding persists afterwards contact us at (613)966-5118. Under no circumstances should rinsing be used in an attempt to stop bleeding as rinsing encourages bleeding.

May I drink alcohol?

You should avoid alcohol for at least 24 hours and minimize its use while wearing the pack as alcohol tends to dissolve the pack. Mixed drinks are preferred.

May I brush my teeth?

You should carefully brush your teeth as usual but avoid the surgical area completely as brushing here could damage or dislodge the pack.

What about exercise?

Avoid exercise for at least 48 hours. If possible after the surgery go directly home and relax as much as possible. Vigorous exercise such as tennis or aerobics should be avoided for the first week.

How long should the pack remain?

The pack will usually be left in place for one week. It is expected that small particles may chip-off during the week, and you should not be concerned; however, should a large portion of the pack come off or become loose, please contact us (613)966-5118.

When may I resume normal cleaning procedures?

As soon as possible after the pack has been removed and the area has been checked by us. If bacterial deposits are allowed to accumulate on the teeth for which surgery was done, healing will be delayed.

Things that you may note following periodontal surgery:

The affected teeth may appear to be looser until complete healing and final therapy is achieved. Try to ignore this and do not develop the habit of moving these loose tooth or teeth with your tongue or fingers or of gritting or grinding these teeth. It is possible to produce further loosening or movement of the teeth with such habits.

The roots of the teeth that are uncovered following surgery may become temporarily sensitive to hot and cold, to tooth brushing and to some foods. If this is a problem please ask us for a fluoride mouth rinse and how to use it to improve the sensitivity. You must keep the sensitive spots clean or the problem will worsen rather than improve.

Nights, holidays etc.

If any emergency arises after 5:00pm or on the weekend or a holiday and it is not possible to contact us, please call...
