



**FRISBIE FAMILY DENTISTRY**

**Kent Frisbie, D.D.S.**

### **Post-Op Instructions for Patients having Periodontal Surgery**

1. You should plan to go home and rest. Limit your activities: no sports or heavy work.
2. It is a good idea to eat lightly the rest of the day. You might have some nausea. If excessive, please contact Dr. Frisbie.
3. Observe the site of your operation for signs of infection:
  - Increased pain
  - Increased redness
  - Increased swelling
  - Pus-like drainage
4. A PERIODONTAL DRESSING MAY OR MAY NOT BE IN PLACE. If the dressing becomes loose or is lost and you are comfortable, it is not necessary to have the dressing replaced.
5. Keep the mouth as clean as possible. Warm saline rinses (1/2 tsp. salt in 8 oz. water) 3-4 times/day will help promote healing. Continue to brush in the nonsurgical areas of the mouth.
6. Apply an ice pack to the jaw immediately upon your return home. Do this for 6-8 hours (15-20 minutes on 15-20 minutes off). The day after the surgery, moist heat applied to the jaw will probably increase comfort!
7. Some pain, swelling, and/or a small amount of bleeding are to be expected. However, if you experience severe pain, excessive bleeding or swelling, a fever of 101 or more, or signs of infection, call Dr. Frisbie.

### **FURTHER INSTRUCTIONS**

Medications: \_\_\_\_\_

\_\_\_\_\_

Other: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Follow-up Treatment: \_\_\_\_\_

Instructions by: \_\_\_\_\_