

PERIODONTAL SURGERY

Post Treatment Care

Now that we have finished your treatment, **oral health is your own responsibility**, so it's very important for you to follow these recommendations to ensure **success** during your **healing process**.



MEDICATION: It's normal to feel uncomfortable or unpleasant sensations the first days after surgery. To relieve pain, **take the antibiotics and pain killers as prescribed by your dentist**. Even if there is no swelling or infection, you must **follow the prescription rules in order** to have a successful healing process.



SWELLING: To reduce swelling, a **cold ice pack should be applied externally** over the treated area as much as possible for the first **6 hours after treatment**. Hold the ice pack for a **maximum of 15 minutes, rest 15 minutes, and then apply again**. It is advisable to eat only **soft foods for the first 24 hours** and avoid hard foods that may cause irritation.



EXERCISE: During the **first week healing** you must avoid any **kind of physical activity**, because it can cause bleeding in the treated area. Keep blood pressure down.



HYGIENE: The morning following the treatment, **rinse your mouth gently with warm salt water (dissolve ½ teaspoon of salt in a glass of warm water)**. Repeat this several times a day. After every meal, **brush the treated area very gently with a soft brush**; after the first 9 days, you can gradually return to normal brushing.



EATING AND DRINKING: Drink a lot of water the **first 24 hours after surgery**, and avoid eating **hot foods or liquids for at least 3 days after the treatment has finished**. You must eat **soft, cool foods** and avoid **chewing** on the treated area side during the **first week** after your treatment has finished. **The use of straw is totally prohibited during healing process**.

Avoid alcohol and smoking for the first week of treatment.