

Postoperative Instructions following Periodontal Surgery

1. **Rinsing:** Do not rinse for 24 hours post-surgery. Following this 24-hour period, you must rinse with the chlorhexidine mouthwash (Corsodyl). Rinse twice daily for 1 minute with 10ml of undiluted rinse until suture removal or otherwise directed.
2. **No smoking, alcohol or strenuous exercise for 24 hours.**
3. **Pain, swelling** and even bruising is normal in the days following surgery. These symptoms may get worse for several days following surgery as the inflammation (reaction to surgery) increases. This is a normal response.
4. **Pain relief:** It is recommended that you take ibuprofen following the surgery every 4-6 hours for 72 hours and then as required (do not take products that contain aspirin as it will make you bleed more).
5. **Swelling:** Your face may swell over the next 24 hours, this is rare but normal. We recommend that you make a compress using a bag of frozen peas wrapped in a towel. Place this onto your skin externally to the surgery area for 10 minute periods.
6. **Bleeding:** a small amount of bleeding can occur following surgery. This can be stopped by placing gentle pressure on the area concerned by biting on a rolled up piece of gauze square supplied in your post-surgery kit (this should be bitten on for 30-40 minutes). Should any extensive bleeding occur, please contact clinic
7. **The wound:** Please do not touch the wound or put any pressure on it. If the wound starts to bleed, roll up a clean cotton handkerchief, place it over the site and gently press down for 15 minutes.
8. **Diet:** a soft diet should be maintained for the first days after the surgery, e.g.: yoghurt, custard, soup etc. Following this period, and for the next month, easily chewed food such as chicken, bread (no crust), fish etc. may be chewed. Avoid foods requiring heavy forces to chew.
9. **Sutures** have been placed and need to be removed approximately 10 days to 2 weeks following surgery. If resorbable sutures have been used, these will come out on their own after approximately 7-10 days. You will be informed as to which type of sutures has been placed and an appointment for removal will be scheduled, if required.
10. Finally, should you have any problem or query, please contact either the clinic or the surgeon so that we can advise on the best course of action should any be required.