

POST OPERATIVE CARE PERIODONTAL SURGERY

- A small amount of **bleeding** may occur after surgery. You may notice blood-tinged saliva or wake up with blood on your pillow.
- If bleeding occurs, apply pressure to the surgical site with a wet **tea bag**. The tea bag has tannic acid in it, which can shrink blood vessels, and pressure is the most effective method to stop bleeding. If bleeding persists after applying a wet tea bag for 15 minutes, call the doctor at the number listed below.
- If you have been prescribed **antibiotics**, take the entire course of antibiotics even if you feel fine. If you experience any unusual side effects such as hives, swelling, or itching, call Dr. Cordoba immediately or call your physician.
- Take the prescribed **pain medication**. Some medications may cause drowsiness and may impair your ability to drive. Avoid alcoholic beverages while taking pain medications.
- For the first 24 hours after the operation, you should apply an **ice pack** to the affected area (i.e. on your cheek next to the surgical site) for 10 minutes on, 10 minutes off as much as possible. This will reduce the post-operative swelling and minimize any discomfort you may have.
- You have **stitches** that may or may not need to be removed at your next visit. Some stitches dissolve on their own and others need to be removed. Whichever kind you have, the doctor will determine when they will come out after some healing has taken place. This should be between one and two weeks.
- **Rest** following surgery. It is advisable to avoid strenuous activities **for a full week**.
- At your surgical visit you will receive a hydrating **AO ProRinse**. It is an oral antioxidant that is very soothing and promotes healing. You should rinse with this twice a day as you will not be able to brush the area where you had surgery. Be sure not to eat and drink for 30 minutes after using the rinse. You can also rinse with **warm salt water** 2 or 3 times a day.
- Eat **soft foods** and avoid chewing in the area where you had surgery. Avoid extremely hot or spicy foods. Be sure to stay well nourished and drink plenty of fluids.
- You will probably notice some **swelling** in the surgical area for a few days. If you notice that the swelling is increasing 4 days after the surgery or have a fever, please call Dr. Cordoba. You may also notice **bruising** outside of your mouth.
- **Do not brush or floss the teeth that have had surgery** until the doctor informs you that it is okay to do so. You should brush and floss the rest of your teeth normally.
- You should not smoke after surgery. You should not smoke anyway.

Dr. Cordoba can be reached at 617-901-0065. if you get voicemail, please leave a message or send a text.

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