



## **Information Following a Periodontal/Laser/Grafting Procedure**

- Immediately after surgery, get something cold and thick (example: ice cream, smoothie, etc.). Take small sips and hold over the area for a few seconds then swallow. This will help control future bleeding and swelling.
- Apply the ice pack that was given to you, for the first 24 hours while you are awake. Alternate with the ice pack on for 20 minutes then ice pack off for 20 minutes. This will help control swelling and may help the area to be more comfortable.
- Maintain a LIQUID/SOFT FOOD DIET (example lukewarm soup—not hot, juices, etc.) for the next 48 hours, beginning one hour after surgery.
- Avoid anything hard, sticky, crunchy, such as chips, gum, granola, etc. Then, begin with soft foods such as eggs, mashed potatoes, etc. Gradually increase to a regular diet as tolerated.
- Avoid touching the surgical site and/or dental “band-aid” if one was placed. The dental “band-aid” will fall out when it is ready. Touching the surgical site with your fingers, handkerchief, tongue, etc. may promote bleeding and even infection.
- Gently swallow saliva after surgery, avoid spitting or vigorously rinsing. This will help control the bleeding. Any pinkish saliva (blood) is normal
- Do not smoke for at least the first 3 days.
- Do not drink through a straw for the first 3 days.
- Do not drink hot beverages for the first 24 hours.
- Rest! Avoid strenuous activity and/or heavy lifting for the first 48 hours.
- Bleeding should gradually slow over the first 24 hours after your surgery and may continue up to 48 hours but should be minimal. If bleeding is excessive and/or does not stop, call us immediately.
- Oral hygiene should be as usual, brushing very gently in surgical area, after 48 hours.
- Take the prescribed medication as directed and DO NOT drink alcohol while you are taking prescribed medication.
- Take your pain pills with a whole glass of water and small amount of food if the pills cause nausea. If you were given a prescription for antibiotics, have it filled as soon as possible and take as directed.
  - Tylenol or Advil may control pain only if no infection exists.
- If swelling or stiffness persists more than 2 days, apply heat in any form (example Heating pad). Be careful not to burn yourself!
- Brush gently with sensitive toothpaste (Sensodyne). The root surfaces are exposed now and are more sensitive than enamel, the sensitivity will decrease gradually.
- If you have any questions or concerns after hours, contact the doctor that did your procedure:
  - Dr. Azer at 407-754-4590
  - Dr. Mike at 772-370-3744
  - Dr. Hunt at 813-317-6058