

Logan Dental Associates 787-8207  
**Soft Tissue Surgery Post-Operative Instructions**

Thank you for trusting Logan Dental to provide this important service to you. Periodontal surgery accomplishes many desirable outcomes including the elimination or control of a disease process, cosmetic plastic reconstruction, protection of existing teeth, and ensuring that subsequent appliances (dentures, implants) fit as well as possible.

Please take the following precautions while the area heals:

**Bleeding:** There will be blood in your saliva for the first few days after the operation. This is common and will correct itself. If there is considerable bleeding, take a piece of gauze in the shape of a “U”, apply it to both sides of the area and hold it under gentle pressure for 10 minutes. Do not remove it to examine it during this period. If bleeding still doesn’t stop contact the office. Do not rinse to try to stop the bleeding.

**Dressing:** A periodontal dressing is sometimes used to hold tissue in place. It is very useful and shouldn’t be disturbed. It will become semi-rigid within a few hours and can then withstand some light forces. Limit yourself to a semi-solid diet and avoid hot foods for the first day. Avoid chewing on the dressing. It should be permitted to remain as long as possible. Small pieces may chip off during the week. Should a sizeable portion fall off, please call the office. The edge of the dressing may irritate the tissue making it sore. Do not be concerned that anything has gone wrong. Please call if soreness persists as it can be remedied.

**Pain:** Typically, the area will be quite sore in the first days up to two weeks. Take up to 800mg of Ibuprofen (advil) every 6 hours to counteract inflammation and help with pain control. If you feel that the pain is greater than is being controlled (cannot sleep at night), please contact our office. The area will be weaker than other tissue for 1-2 months.

**Antibiotics:** Antibiotics may be prescribed if you have systemic symptoms (fever, certain swellings, etc.) If an antibiotic is prescribed take it exactly as directed until gone. Do not take less or cut the treatment short as a worse/greater infection may result. If you experience problems with the medication (diarrhea, severe stomach upset, fungal infections), please discontinue the medication and contact us immediately so that an alternative can be prescribed.

**Cleaning:** Use a toothbrush as normal but do not use it on the operated area or dressing. Avoid vigorous brushing, but try to keep food from accumulating by brushing gently but longer. You may wish to rinse following two days of healing with a warm water.

**Daily Activity:** Avoid excessive exertion. Athletics, swimming and prolonged exposure to the sun should be avoided for the first three days after the operation.

Most soft tissue heals beautifully and will provide many years of service. We hope your experience is as pleasant as possible.