



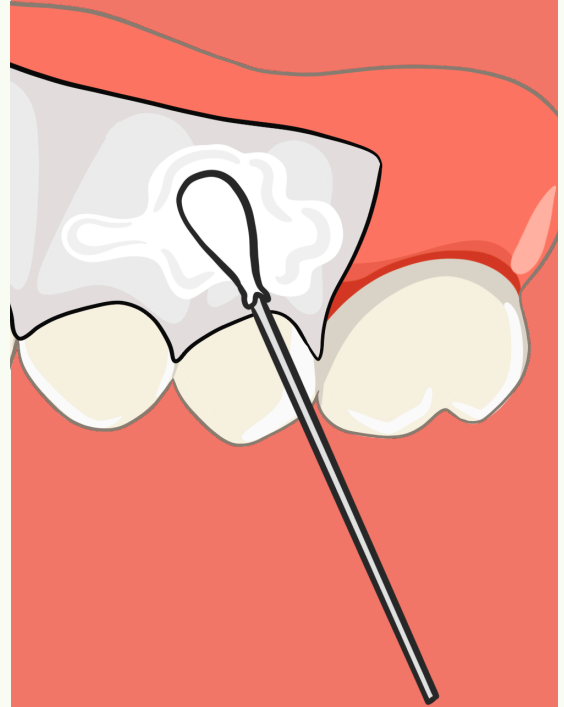
**NO SMOKING:** Smoking will substantially reduce the healing and success of the surgery. Suction created when inhaling cigarettes can disturb the wound site and

in the case of tooth extraction, the newly formed clot can dislodge. Smokers are at a greater risk of developing a painful dry socket.

In case of extreme pain, swelling, or bleeding, call your dentist or call the Harvard Dental Center at (617)432-1434.

If you have an emergency after business hours, this phone number will connect you to the doctor on call.

**Notes:**



HARVARD  
DENTAL  
CENTER

# Perio Surgery Post-Operative Instructions



**HARVARD**  
School of Dental Medicine

For questions, please call  
(617) 432-1434 and follow prompts.



Scan for a  
brief survey.

**Images used** by Freepik and Crystal Song DMD 24  
**Designed** by Stephanie Yang DMD 24



**DIET:** Eat a soft diet such as pasta, meatloaf, fish, chicken, cooked vegetables, eggs, smoothies, or yogurt. Avoid crunchy foods such as hard breakfast cereal, hard crusted bread, raw vegetables, chips, popcorn, or nuts. Chew on the opposite side of the surgery and cut your food up into up into small pieces.

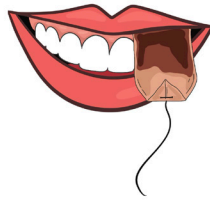
**MEDICATION:** Continue taking any medications that you started before your surgery such as antibiotics or systemic steroids as instructed. Make sure to finish all the antibiotics that might be prescribed for you. It is recommended that you take a probiotic supplement when taking antibiotics. Please call the office to report any allergic reactions to any prescribed drug.

**DISCOMFORT:** You may feel uncomfortable when the anesthesia wears off. Some discomfort after surgery is normal. Start to take pain medication BEFORE the anesthesia wears off (30-60 minutes after your appointment). Instead of taking narcotic medication such as Vicodin, you may take 2 tablets of Advil (Ibuprofen 200 mg each tablet) and 2 tablets of Tylenol (Acetaminophen) regular or extra strength every 4-6 hours. This combination has pain relief similar to a narcotic without the negative side effects of nausea, dizziness, and constipation.



**SWELLING:** Swelling may occur and is normal. To lessen swelling during the first 48 hours, place an ice-pack over the area for 20 minutes, then remove the ice for another 20 minutes. Repeat for 2-3 hours. After the first 48 hours, warm compresses (such as a warm,

damp towel) will help lessen swelling.



**BLEEDING:** Small amounts of blood may turn your saliva red for several hours. This is normal. Do not actively spit or rinse your mouth during the first 24-48 hours after surgery. Lean your

head over a sink or cup, and let gravity pull the saliva out of your mouth. If persistent oozing occurs, firmly press a moistened tea bag over the area for 5-10 minutes.

**CLEANLINESS:** Do not brush anywhere in or near the surgical sites until you see your doctor for your follow-up visit. However, other areas of the mouth should be cleaned as usual. Take care not to stretch your cheeks near the surgical site as this might pull on the sutures. If you have been given a prescription for antiseptic mouthwash, start using it the morning after surgery and use it twice a day.

**SUTURES/STITCHES:** Do not tug or remove your stitches. Follow your doctor's orders for your post-operative visits.

**DRESSING:** The dentist may have placed a bandage around your teeth and gums called a dressing. The dressing protects the area during healing. Over time, this will become brittle and small pieces may break away. This is not an emergency and you will not need to have it replaced. Do not pull on the sutures if the dressing is lost. If the dressing is still in place at your follow-up visit, we usually remove it at that time.

