

## Home Care Instructions for Periodontal Dressing

The following information has been prepared to help answer questions you may have regarding the surgical procedure that has just been performed. Please read the instructions carefully. Our experience has shown them to be very helpful.

1. When the local anesthesia wears off, you may have some discomfort at the surgical site. Dr. Gronbach will recommend or prescribe a pain medication for you, if necessary.
2. A temporary periodontal dressing has been secured at the surgical site around your teeth. It is comparable to a physical protective dressing used in other types of surgeries. It serves a very useful intended purpose and should not be disturbed.
3. The periodontal dressing will become semi-rigid within a few hours. It can then withstand some of the forces of chewing without breaking. Please limit yourself to a semi-solid diet and avoid excessively hot foods for the first day. After this period you may return to your regular diet. However, avoid eating on the side with the dressing.
4. The dressing should be permitted to remain in place as long as possible. Small particles may chip off during the week. Should a sizable portion become loose or fall off, please contact us.
5. While the dressing is in place you may notice a slight pain or soreness in the cheek or inside of the mouth. The edge of the dressing may irritate the tissue. You should not be concerned that anything has gone wrong in the surgical area. Please contact us if the soreness persists, as it can be easily remedied.
6. You may use your toothbrush as usual in other areas of the mouth, but do not use it directly on the dressing. Avoid vigorous brushing in parts of the mouth which have been previously operated upon and from which the dressing has been removed. Try to keep food from accumulating in these areas with gentle use of a toothbrush.
7. You may follow your regular daily activities. Excessive exertion of any type (athletics, swimming, etc.) should be strictly avoided for the first three days (72 hours) after surgery.
8. You may experience a slight weakness, chills, or fever during the first 24 hours. This should not be cause for alarm, but it should be reported to our office.
9. There may be occasional blood in the saliva for the first four to five hours after the procedure. This is not unusual and will correct itself. If there is considerable bleeding, take a piece of sterile gauze, form it into the shape of a "U", hold it in the thumb and index finger, apply it to both sides of the dressing and apply gentle pressure for 15 minutes. Do not remove it during this period to examine it. If the bleeding does not stop at the end of this time, please contact our office.