



POST TREATMENT CARE

PERIODONTAL SURGERY

Now that we have finished your treatment, oral health is your own responsibility, so it's very important for you to follow these recommendations to ensure success during your healing process.

MEDICATION: It's normal to feel uncomfortable or unpleasant sensations the first days after surgery. To relieve pain, take the antibiotics and pain killers as prescribed by your dentist. Even if there is no swelling or infection, you must follow the prescription rules in order to have a successful healing process.

SWELLING: To reduce swelling, a cold ice pack should be applied externally over the treated area as much as possible for the first 6 hours after treatment. Hold the ice pack for a maximum of 15 minutes, rest 15 minutes, and then apply again. It is advisable to eat only soft foods for the first 24 hours and avoid hard foods that may cause irritation.

EXERCISE: During the first week healing you must avoid any kind of physical activity, because it can cause bleeding in the treated area. Keep blood pressure down.



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HYGIENE: The morning following the treatment, rinse your mouth gently with warm salt water (dissolve 1/2 teaspoon of salt in a glass of warm water). Repeat this several times a day. After every meal, **brush the treated area very gently** with a soft brush; after the first 9 days, you can gradually return to normal brushing.

EATING AND DRINKING: Drink a lot of water the first 24 hours after surgery, and avoid eating hot foods or liquids for at least 3 days after the treatment has finished. You must eat soft, cool foods and avoid chewing on the treated area side during the first week after your treatment has finished. **The use of straw is totally prohibited during healing process.**

Avoid alcohol and smoking for the first week of treatment.

IN THE U.S. CALL (928) 257 1307

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