

DENTAL DEPOT

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Care After Gum Surgery

What to Expect

After gum surgery it is normal to have:

- Slight oozing of blood for a few hours
- Swelling which usually reaches the maximum 2 to 3 days after surgery
- Minor to moderate discomfort which can be controlled by taking pain medication, as instructed by the doctor
- Discoloration or bruising on the side of the surgery
- A slight fever during the first 24 hours

Pain

- Take your pain medication as instructed.
- If your pain is not decreasing by the third day after surgery, call the office

Swelling

- Apply an ice bag/frozen vegetable bag to your face, directly over the area that was operate on
- Do this for the first 12 hours after surgery
- Follow the schedule below:
 - 20 minutes on
 - 20 minutes off
 - 20 minutes on, ect
- Do NOT use ice after the first 12 hours

24 hour after surgery, it may feel good and soothing to put a warm compress on your face every few hours, increasing blood flow to the area helping with the healing process

Rinsing

- Rinse 3 times daily for 2 weeks with prescription mouthrinse
- Rinse with warm salt water anytime after eating for at least the next two weeks (add ½ teaspoon of salt to full glass of warm water)

Oral Hygiene

- Brush and floss all your teeth as normal, except where the surgery was performed
- Avoid brushing and flossing over gums where the surgery was performed for 2 weeks
- After two weeks can start to massage gums with toothbrush
- After 4 weeks, begin brushing gums as normal, unless instructed otherwise
- The cleaner the area is kept, the greater the chance for success

Diet

- Drink plenty of liquids
- Eat soft foods for first 24 hours, or longer depending on the doctor's instructions
- After that eat foods that are easy to chew for a few days

Problem Signs

- Uncontrolled bleeding
- Severe pain
- Swelling that does not decrease after three days
- Temperature above 100 degrees F or chills