

INSTRUCTIONS FOLLOWING PERIODONTIC TREATMENT



1. The covering that has been placed over the treated area is a surgical dressing. This should stay in place until your next appointment. Occasionally the dressing will break off. If there is no sensitivity in the area it will not require attention.
2. Do not have anything hot to eat or drink for the next 2 hours.
3. Do not eat on the side with the dressing, it should be favoured at all times.
4. Continue oral hygiene as usual, but not on the surgical area.
5. Use warm salt water freely to refresh your mouth.
6. You may follow your regular daily activities, avoiding excessive exertion of any type for 72 hours.

7. Apply ice packs to the surgical area, 10 minutes on – 10 minutes off, for the prescribed length of time.
8. Discomfort is readily controlled with a prescription if necessary. There is no need for you to experience pain. Please contact us if this occurs.
9. Keep your head elevated as much as possible for the next 72 hours and sleep on two pillows upon retiring.
10. Occasionally, bloodstains in the saliva may be expected; if there is considerable bleeding, take a piece of sterile gauze or a moist tea bag and apply moderate pressure over the area that is bleeding.
11. Contact us if:
 - Excessive bleeding occurs
 - If severe pain is present.
 - Mark swelling occurs.

If you need any of these procedures done, or require assistance post surgery, please do not hesitate to contact us at 519-938-9500 and schedule your consultation.