

STEFANO

D E N T A L

**1617 W. Bogart Road, Suite 1
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Aftercare Following Periodontal (Gum) Surgery

What to Expect

- 1) It is not uncommon for the gums to be uncomfortable or even exhibit a dull ache immediately after receiving periodontal surgery. This should subside within one week.
- 2) You may feel a rough area where our surgery was done. There is a soft, temporary, protective periodontal dressing in that area, which may come off before your next visit. It should stay on for at least 2-3 days.
- 3) Occasionally, you may also feel the sutures or stitches that were placed when the dressing comes off. This is normal, and the sutures will be removed in our office in one week.

What to Do

- 1) We recommend you take something for pain-relief within one hour of leaving our office, to get the medication into your blood system before the anesthesia we administered begins to subside. Generally, only one dose is needed. We recommend ibuprofen (Advil, Motrin, Nuprin) – 800 mg (four tablets). If you have a medical condition or gastrointestinal disorder, which precludes ibuprofen, acetaminophen (Tylenol, Excedrin) is a substitute, although does not contain anti-inflammatory properties. Aspirin and aspirin-containing products are *not* advisable, as they tend to increase bleeding from the area that was treated.
- 2) Whenever possible, try to chew on the opposite side from the tooth we have just treated, until you have the stitches removed in one week. Until that time, your gums are tender and could become inflamed.
- 3) Please avoid chewing gum, hard and crunchy foods, caramels, or other sticky, soft candy, which could dislodge the periodontal dressing too soon.

Please Call Us If...

- 1) You are experiencing symptoms more intense or of longer duration than those described above.
- 2) You encounter significant post-operative swelling.
- 3) The periodontal dressing comes off before 2-3 days.
- 4) You have any questions at all.