



## **AFTER OSSEOUS SURGERY**

### **What to Expect After Surgery**

**\*\*Swelling:\*\*** Swelling can vary depending on the patient and the procedure. It typically peaks 36-48 hours post-surgery and will gradually reduce over the next 3-4 days. You might also notice minor bruising along with the swelling. In some cases bruising discoloration may occur around the eye or under the chin. It should disappear in 1-2 weeks.

**\*\*Discomfort:\*\*** The most noticeable discomfort usually occurs right after the anesthesia wears off. We recommend starting your prescribed pain medications before the numbing effect fades completely.

**\*\*Root sensitivity:\*\*** Patients may experience temperature sensitivity from the exposed root surfaces. If this occurs, please know that it will subside over time. Significant relief typically occurs within a 2-6 week period. During this time, avoid alcohol, acidic foods, both carbonated and non-carbonated sodas, and alcohol-based mouth rinses.

**\*\*Tooth mobility:\*\*** Depending on the extent of initial bone loss patients may notice increased tooth mobility shortly after the procedure. This is usually more noticeable in patients who already have severe bone loss and significant tooth mobility. It is a temporary occurrence after the surgery and lasts from several weeks to several months, typically returns to its pre-surgical level.

**\*\*Bleeding:\*\*** Some minor bleeding or oozing from the surgical site is normal in the first 24 hours. Blood may mix with saliva, which can make it appear worse than it is. You might also notice some blood-tinged saliva for a few days after surgery, especially after eating or brushing your teeth. This is a common symptom and should not be a cause for concern.

**\*\*Sutures:\*\*** Unless otherwise instructed, assume that your stitches are self-dissolving. They might begin to loosen and fall out within a couple of days, and will likely dissolve completely within a week. Execute care brushing around stitches to avoid disturbing them. A long hanging suture can be trimmed with a small pair of scissors. If you are concerned, please come in and our assistant will gladly help you.

**\*\*Spaces between teeth:\*\*** The goal of osseous surgery is to reduce or eliminate deep pockets and normalize the amount of gum tissue above the bone. Surgical reduction of pockets around teeth with compromised bone support often results in some degree of recession. This is a desired outcome from a periodontal standpoint, as it facilitates hygiene access to problematic areas both at home and during professional cleaning appointments. However, the reduction of inflamed and unsupported gingival tissue in the areas with periodontal pocketing may lead to varying degrees of recession and space between the teeth in those areas.

## **Aftercare Instructions**

Caring for the surgical site is crucial to ensure proper healing and prevent infection.

**\*\*Controlling Bleeding:\*\*** To reduce bleeding, keep your head elevated during the first 24 hours of recovery. If bleeding is more than minor, applying firm pressure with a gauze pad usually helps stop it. Place damp gauze pads over the bleeding area and hold firm pressure for 30-minute intervals as needed.

**\*\*Diet:\*\*** After surgery, you can begin drinking cool liquids right away. Avoid spicy or hot foods. Over the course of the first week, you can transition from liquids and soft foods to a more normal diet, ensuring you maintain proper nutrition during your recovery.

**\*\*Oral Hygiene:\*\*** Start gently rinsing your mouth with warm saltwater 24 hours after surgery. Mix 1/2 teaspoon of salt in a full glass of warm water. Be sure not to swish too vigorously. Aim for about 6 rinses a day for the first week. You can also brush your teeth on the day of surgery, but be gentle around the surgical area. Prescription mouth rinse may be recommended by your Periodontist. Do not use oral irrigator devices, like "Waterpik", for the first 2 weeks at the surgery site.

**\*\*Managing Swelling:\*\*** For the first 12 hours after surgery, apply an ice pack to the surgical area, alternating 20 minutes on and 20 minutes off. After this period, ice will have less effect.

**\*\*Discomfort Management:\*\*** Mild to moderate discomfort is common after surgery. Start taking the prescribed pain medication before your local anesthesia wears off. Take it with a full glass of water to help prevent nausea. Stay on the schedule.

**\*\*Taking Antibiotics:\*\*** **If prescribed**, take your antibiotics as directed to prevent or treat infection. Be sure to finish the full course of antibiotics. Keep in mind that antibiotics can interfere with oral contraceptives, so it's recommended to use an additional form of birth control during this time. In case of an adverse reaction like rash or diarrhea, stop and contact our office.

## **What to Avoid After Your Procedure**

- \* **\*\*Using straws or spitting vigorously\*\*** for the first 24 hours.
- \* **\*\*Rinsing your mouth vigorously\*\*** for the first 24 hours.
- \* **\*\*Smoking\*\*** for at least 24 hours.
- \* **\*\*Mixing alcohol with pain medications.\*\***

## **When to Seek Emergency Care**

If you experience any of the following, don't hesitate to contact our office immediately:

- \* **\*\*Uncontrolled bleeding or significant pain.\*\***
- \* **\*\*Elevated temperature\*\*** (100.5°F or higher).
- \* **\*\*Swelling that worsens or starts after several days.\*\***
- \* **\*\*Inability to open your mouth\*\*** beyond five days.
- \* **\*\*Ongoing irritation at the IV site.\*\***

**If you feel you're facing a life-threatening emergency, call 911 right away.**