

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY
FROM THE OFFICE OF DR. ROBERT BOND

BLEEDING: We expect minor oozing for up to 24 hours after surgery; but if heavy bleeding occurs, please contact us.

SWELLING: Some swelling is **NORMAL** after surgery. Gently place an ice pack against the cheek or lips next to the surgery site for 2 to 3 hours. Use the pack 20 minutes on, 10 minutes off, and so on.

MEDICATIONS: Take your pills as instructed. Do not drink alcoholic drinks or take other medicine without checking first. Take pills with a full glass of water or juice to lower the chance of nausea. If you do become sick and it continues, notify Dr. Bond

FLUIDS: Drink plenty of fluids for the next few days. **DO NOT USE A STRAW.** No soda for 48 hours because of the carbonation.

DIET: Avoid hot foods such as coffee or hot soup for 48 hours. Eat whatever feels comfortable, such as soups and soft foods, for a few days (e.g. instant breakfast foods, rice, noodles, mashed potatoes). Avoid chewy or crunchy foods until healing is complete. Food and drinks should be room temperature or cooler for healing. Also avoid bread products for 3-4 weeks because it will stick to the surgery site.

ACTIVITY: Reduce your activities for the next few days. Avoid running, strenuous activity, or lifting heavy objects for seven days. You should keep your heart rate down for 48 hours.

BRUSHING: A clean mouth heals faster! Exercise caution not to injure the site.

MOUTHSOAKS: Gently rinse your mouth with warm water after each meal to keep the area clean. After two days, you may use warm salt water (1 teaspoon of salt to 8 oz. water) or any prescribed mouth rinses. Hold the water in and let it fall out of your mouth. No swishing or heavy rinsing.

AVOID: Smoking, alcohol, peroxide, commercial mouthrinses for at least one week following surgery- ideally longer.

- SUTURES: No sutures were placed
 Sutures will dissolve; removal is required if they become untied and dangle down.
 Sutures will not dissolve-your appointment for suture removal is:
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If you have any questions, please contact Dr. Bond at the office (701)235-3205, home (701) 235-6062, or cell. (701)361-1613