



## **Post Op Instructions for Periodontal (Gum) Surgery**

1. Refrain from brushing surgical area until Dr. Watson says, usually about 3 weeks. Brush and floss all other areas as usual.
2. For discomfort take prescribed medications as instructed. Do not use alcohol or drive while taking narcotic medications.
3. Swelling is likely around surgical site. Use ice for the first 24 hours then warm moist heat thereafter. If an antibiotic was prescribed take as directed. Swelling should maximize in 36 hours and then start to go down.
4. To clean surgical site, lightly rinse with warm salt water rinses (1/2 teaspoon of salt in a glass of warm water.)
5. Sutures will be removed in about a week to 10 days. If they start to come out sooner then let Dr. Watson know.
6. Make sure you keep your post-op appointment as surgical site will need to be checked on a regular basis.
7. Let Dr. Watson know if there are any unusual symptoms or if you have any questions.