



### **PAIN**

**What to expect:** You may have slight to moderate discomfort the first 24 hours. Increasing pain later in the week usually indicates that you may be developing an infection.

**When to call:** Please call me at home or the office if your discomfort doesn't subside or starts to increase during the week.

### **MEDICATIONS**

**What to take:** First, take what you would normally take for a moderate headache. You may be given a prescription for a pain medication - fill this at your discretion.

**When to take:** Take your "headache" medications as soon as possible after the procedure. Take all prescribed antibiotic medications until gone!

### **SWELLING**

**What to expect:** Swelling is normal and usually occurs about 24 - 36 hours after the procedure and subsides within a few days. It may also discolor as a black/blue injury.

**What to do:** Soak the area with warm salt water (1 tsp./8 oz. hot water) 2 - 3 times/day.

**When to call:** Please call if the swelling becomes hot, hard or red.

### **DIET**

**What to eat:** Eat a normal diet on the opposite side of the mouth. Avoid chewing on the side that has just been treated.

### **BLEEDING**

**What to expect:** Very slight bleeding should be no cause for concern, especially within the first 48 hours.

**What to do:** Usually cold water or iced tea will stem the bleeding. **DO NOT PUT PRESSURE ON THE SURGICAL AREA!**

**When to call:** Call ANYTIME that you feel that you can not control the bleeding.

## ORAL HYGIENE

- What to do:**
- 1) Clean your teeth normally but carefully! Floss and brush as instructed.
  - 2) Stay away from the dressing, if you have one.
  - 3) If you don't have a dressing, swab the area twice daily with a moistened Q-tip using Peridex.
  - 4) Salt water soaks 2 times a day (1 tsp. salt to 8 oz. hot water).
- DO NOT SWISH**

## DRESSINGS

**What to expect:** Your bandage may not last all week.

**What to do:** Remove bandage if it becomes loose.

**When to call:** If you lose the dressing and want another one, please call. However, most people heal quite well without a dressing.

***Congratulations on taking this step towards your periodontal health!***

**If you have any questions,  
please call us at  
508.375.9090**

**In case of emergency after hours  
please call Dr. Nguyen's mobile phone  
508.258.9693**



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