



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: Rinse your mouth with warm salt water (1 tsp./8 oz. 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 mouth normally but carefully!
 - 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 (1tsp. salt to 8 oz. of hot water).
- DO NOT SWISH**

DRESSINGS

What to expect: Your semi-rigid bandage is not expected to last all week.

What to do: Remove loose dressings. Use Orabase (from pharmacy), if necessary, as a temporary dressing.

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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Specialists in Periodontics & Dental Implants
244 Willow Street • Yarmouth Port, MA 02675
office 508.375.9090 • mobile 508.258.9693 • fax 508.375.3323
www.capecodperio.com