



## **PRE-OPERATIVE INFORMATION: PERIODONTAL SURGERY**

### **What are the objectives of periodontal surgery?**

Periodontal surgery is recommended because it will eliminate infection and improve the long-term stability of your teeth and bone. The objectives are:

1. Removal of deep plaque and tartar (subgingival calculus);
2. Elimination of the defects in the gums and bone caused by disease;
3. Reduction/elimination of pockets to prevent future infection.

### **How do we do the surgery?**

The surgery is done painlessly with local anesthetic and deep sedation is available for complete patient comfort. The diseased roots are exposed and thoroughly cleaned. The diseased gums and bone are modified to eliminate the pockets. One site of surgery (usually 4 teeth) takes approximately 45 minutes.

### **What happens after the surgery?**

A soft diet is recommended and you will be prescribed suitable pain medication and given an antibacterial rinse. You will be seen 10 days after the surgery to check healing, to remove any remaining sutures and to show you how to clean the area. Eight weeks later, you will be seen for a maintenance and re-evaluation appointment. Regular three-month recall appointments will follow this.

### **What changes may be observed after the surgery?**

1. Your teeth may appear longer with wider spaces
2. There may be temporary sensitivity to temperature
3. Although the sites may be generally sensitive, you should be able to continue your normal oral hygiene regime after two weeks.

There is more information about this procedure you can visit our website at [www.drcaudry.ca](http://www.drcaudry.ca)



## **POST-OPERATIVE INSTRUCTIONS: PERIODONTAL SURGERY**

**Discomfort:** Pain relief medication will be prescribed. Ibuprophen (600mg) every 4-6 hours and extra strength Tylenol are usually sufficient. However Percocet may also be prescribed. This is a very strong painkiller and should only be used if the other drugs are not effective.

**Swelling:** To avoid swelling use a cold pack on the side of the face 20 minutes on and 20 minutes off for at least the first 12 hours following surgery. Swelling peaks at 72 hours and you should ice as much as possible during this timeframe.

**Bleeding:** It is not unusual to have some slight bleeding. If the site continues to bleed, try to relax and gently rinse your mouth with ice-cold water. You may bite on a piece of gauze or a moistened teabag sustaining constant pressure for 20 minutes. Bleeding can be avoided by keeping your head elevated during the first evening, discontinuing your usual exercise regime for 1-2 days, restricting yourself to a soft diet and by not smoking which also delays healing and irritates tissues. In the case of an extraction, rinsing should be avoided for the first 24 hrs.

**Oral hygiene:** After surgery, it is important to keep your teeth and mouth as clean as possible. The prescribed antibacterial rinse is to be used twice a day for 4 days after surgery and then applied only locally with a Q-tip/cotton ball. Additionally, warm salt-water rinses (1/2 tsp in warm water) can be used several times a day. During the first week, the non-treated areas should be brushed normally.

**Post-operative appointments:** You will be seen 10 days after the surgery for suture removal (if any are remaining) and oral hygiene instruction. A soft toothbrush can now be used to clean the teeth in the surgical site(s). Within two weeks of the surgery you should begin to resume your usual oral hygiene regime.

Following periodontal surgery, your teeth may be sensitive to heat and cold. This is normal and will gradually subside over time. Eight weeks later, you should be seen for a maintenance appointment and re-evaluation. Once your condition has been stabilized, you will be placed on a 3-month maintenance program.

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