



POSTOPERATIVE RECOMMENDATIONS

AFTER PERIODONTAL SURGERY AND OTHER SURGERIES IN THE MOUTH

1) **NO SMOKING**

2) To reduce swelling, apply ice to the side of the face, 10 to 15 minutes per hour following surgery. Repeat this until bedtime and the next day for the first 24 hours.

Note that it is normal to have swelling, it should disappear within 3 to 4 days after surgery. You may also have trouble opening your mouth and feeling sensitive to other teeth and the joints. The sensitivity can appear 2 days after the intervention.

3) **Do not spit, rinse, or drink with a straw for 24 hours.** In addition, avoid peroxide and any gasified beverage (liquor) for 24 hours.

4) The day after your surgery, you can brush your teeth (except the region of surgery), 30 minutes later you can rinse gently with the mouthwash (Peridex) that was prescribed to you and don't drink or eat during another 30 minutes, 2 times a day for 7 to 14 days. You can start brushing your teeth in the area of surgery after 10 to 14 days with a manual toothbrush.

5) In the surgical area, do not use an electric toothbrush, dental floss, or interdental brush for a period of 4 to 5 weeks.

6) Be careful not to eat foods that contain small grains, for example: strawberries, raspberries, sesame seeds, popcorn, chips, spices, broccoli, hard fruits/vegetables, nothing too hot, nothing too spicy.

7) A soft diet is recommended for 2 weeks. E.g.: pasta, soup, potato, fish, chicken, ham, egg, yogurt, cheese, etc.

8) Avoid any physical activity for a period of 3 to 4 days. No swimming is allowed (pool, lake, spa, sea) for a week. Do not put your head underwater for 2 weeks.

9) It can happen that bruises appear on the cheeks or neck. They will disappear without any treatment in 5 to 7 days.

10) In case of bleeding, please bend and moisten a cotton pad with water and lightly press for a period of 10 minutes without stopping. Repeat as needed.