

**POST-OPERATIVE INSTRUCTIONS AFTER PERIODONTAL SURGERY**

1. Rest on the day of the surgery.
2. Avoid intake of hot, spicy, hard, crunchy, crusty and acidic foods as well as anything with small seeds that could get caught in graft site.
3. Avoid physical exercise for the first week following surgery.
4. Don't disturb the operated area with fingers or tongue.
5. Avoid injury or movement of the grafted site.
6. Do not brush teeth at the grafted site for at least 1 month from the day of surgery.  
Use Q-Tip dipped in mouth rinse to gently clean the teeth and grafted area.  
Resume gentle brushing as advised by the dentist.
7. If a dressing was applied, report if it dislodges within 5 days.
8. Wear the protective appliance for the first 5-7 days, especially during the night.  
Don't eat with the appliance. You can use the oral rinse after Rinse with mouth rinse prescribed after eating and replace appliance.
9. Take the prescribed medication regularly. No Ibuprofen 48 hours post op after PRF.
10. Return after 7-10 days for suture removal and/or post op check.
11. Apply ice to the outside of your face (20 mins on, 20 mins off) as often as possible for the first 24 hours after surgery. After 48 hours have passed, apply hot packs to your face as often as possible until the swelling has disappeared. This may take 4-5 days.
12. Bruising is common and normal following surgery. It results from blood deep within the tissues being pushed toward the skin surface. It is NOT the result of force or pressure applied to the skin during surgery. Sleep on night of surgery with your head elevated with a second pillow (10-30 degrees).

*If you have any concerns after hours, Dr. Burlacu's cell phone # is 250-864-7774*