Thank you for choosing Concord Lexington Periodontics for your periodontal care!  Now that your procedure is complete, here are some things to keep in mind during your recovery period:

**Post-Surgical Expectations**

**Bleeding:** Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery.

**Pain/Discomfort:**  You can expect to have some discomfort once the effects of the anesthetic wear off. Please start your pain medication before the anesthetic wears off so that you stay ahead of the pain. For the **first three (3) days** you should take the pain medication by the clock and not by the pain to keep discomfort to a minimum. On the fourth day take the pain medication as necessary.

**Sensitivity:** You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible. Toothpaste that contains 5% Potassium Nitrate, such as Sensodyne™, is the primary treatment for dental sensitivity. If the sensitivity is extreme, contact your doctor for further instruction.

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|  | **Please DO** | **Please DON’T DO** |
| **Oral Hygiene**  | Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery.Please rinse twice daily, starting on the second day with the prescribed mouth rinse. If no mouth rinse was prescribed, use warm salt water rinses twice daily. | **Do not** brush, floss or water pick in the surgical site until seen by the dentist in the post-operatory appointment.Please avoid vigorous rinsing, or spitting for the first 48 hours. |
| **Diet** | For the first day remain on softer, colder foods such as Jell-O, pudding, applesauce, ice cream.From the 2nd day, until you see us again, remain on a softer food diet such as mashed potatoes, eggs, fish, chicken, hamburger meat, soup. | Do **NOT** eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage.Please avoid sticky, hard, chewy foods for the first week. Avoid eating spicy or acidic foods for the first 24 hours. Please avoid using straws for the first week. |
| **Post Care** | If you notice that bleeding continues apply pressure to the area for 20 minutes with **wet** gauze or a **wet** Lipton tea bag. If bleeding is significant or has not stopped, please call your doctor to receive further instruction.Please leave the surgical area alone! Try to relax and practice the best oral hygiene possible and your healing should progress well. | Do not spit, rinse, or use a straw or provide any kind of suction with your mouth for the first week– doing so may dislodge or remove the blood clot and may result in delayed healing or even dry socket in cases of tooth extractions.Please do **NOT** play with the surgical site with your fingers or tongue. Do **NOT** pull the lip or cheek to look at the area and do **NOT** have someone else look at the area.  |
| **Antibiotics** | Starting with your medications, please take antibiotic as directed. It is very important for you to finish the whole cycle of antibiotics. | Please DO NOT stop taking the antibiotic once you feel better. It is very important to finish the whole cycle of antibiotics. |
| **Cold Compress**  | You may experience some swelling around the surgical site. To help minimize swelling, use the provided ice pack for 20 minutes on, then 20 minutes off for the first 24 hours.  | **DO NOT** use cold past the first day as it will increase swelling.Some patients may bruise on the cheek or neck adjacent to the surgical site. This is normal and should not alarm you. If you see swelling past the first day, please switch to warm compresses. |
| **Physical Activity** | Please limit your physical activity for the first 2 weeks of healing. Exercise or increase in heart rate tends to increase swelling and bruising. | DO NOT do any heavy weight lifting or Cardiac workouts such as running or jogging until seen and approved by the dentist.  |

**SINUS PRECAUTIONS**

If you had a procedure involving the maxillary sinus special pre-cautions must be taken to ensure proper healing. If you must sneeze, please do so with your mouth open. Under no circumstance should you blow your nose. Avoid swimming or submerging your head for 2 weeks.  Use an over-the-counter antihistamine such as Sudafed to prevent sneezing.

If you have any questions, concerns, or feel that you have developed an infection please call your Surgeon at Concord Lexington Periodontics at **(978) 369-5521 for the Concord office or (781)863-5158 for the Lexington office.**