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WHAT YOU CAN EXPECT AS A RESULT OF YOUR GUM SURGERY:

1. DO NOT chew on the side of the mouth which has had the surgery.
2. DO NOT SMOKE for 48 hours.
3. DO NOT brush the area on which the pack is placed.
4. DO NOT eat spicy or excessively hot foods.
5. DO NOT be alarmed of any of the following occur:
 - Slight bleeding
 - Moderate swelling
 - Moderate discomfort
 - A medical taste
 - A small piece of periodontal pack falls out
6. DO NOT take Aspirin containing medicines like Anacin or Bufferin unless your physician or dentist prescribes it.
7. Take your medicine as prescribed.

The surgical pack is placed in the area to prevent trauma. If the pack loosens or falls out within two days of your surgery, please call the office, but do not be alarmed of a small piece falls out.

Swelling may possibly occur. To keep this to a minimum do the following:

- Take Motrin as prescribed for the first 48 hours whether you need it for pain or not.
- Gently place an ice pack on the outside of the face for 15 minutes, and then remove for 15 minutes. Continue this for thee to four hours.

The majority of swelling occurs 24 to 48 hours after surgery. It is difficult to get swelling down once it has occurred; therefore we attempt to prevent it. Oozing of blood will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of oozing and place pressure in this area with a gauze moistened with a tea bag for 20 minutes.

Start the day after the surgery rinse the area three to four times a day with warm salt water rinses (1tsp. of salt to 8 oz. glass of warm water) for the following three days to keep it clean.

Continue your home care procedures for the rest of the mouth, but avoid contact with the dressing. Special home care instructions will be given to you when the dressing is removed.