





## **i Recovery Tips ?**

You made it through gum surgery. We made this little guide to help you heal.

 **Gauze:** A little continued bleeding is expected. If the bleeding is persistent, you can use gauze to stop it. Place a piece where the bleeding is coming from, and maintain firm pressure undisturbed for 10 minutes. You can repeat this up to 3 times (30 minutes).


 **Tea:** A natural healing remedy we love! Hold a **cool moist tea bag** over the site. The tannin in the tea will help control the bleeding. Black tea works best for this.


 **Ice:** You may use an ice pack on the outside of your face to reduce swelling. Follow a **“20 minute on/20 minute off”** schedule for up to 3 or 4 hours.

 **Medications:** First things first - try to eat something before taking any medications. If we've prescribed you medications, take them as instructed. Don't discontinue antibiotics or anti-inflammatory medications before checking with us. **Don't take aspirin** - it can thin your blood and slow down healing.


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 **Do Not Smoke for at least 48 hours!**


 **Oral hygiene is extremely important right now.** It reduces the risk of infection and promotes healing (which makes you more comfortable!). Start using Peridex, the prescription mouth rinse, the morning after your procedure. The Peridex will keep your surgical area clean. You may have had stitches placed today. Do not brush your teeth in areas where you have stitches until they start coming out on their own. Brush and floss normally in all other areas.


 **When can I eat?** You may drink after the initial gauze has been removed, but **avoid eating until the numbness has worn off**. You don't want to bite your tongue! For the first 24 hours, we suggest enjoying soft foods or liquids like soups and milkshakes. **Avoid sipping through straws** - the suction they create can disrupt the healing process! Stay away from anything extremely hot, extremely cold, spicy, or rough (like tortilla chips, or hard crusty bread).

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 **Stitches or a surgical bandage** may have been placed over your gums to protect the area as it heals. The bandage will most likely come off on its own in between 24 hours and 2 weeks. If it is still present at your follow-up visit, we'll remove it then. Allow it to come off by itself, do not attempt to remove the bandage yourself. Likewise, your stitches will likely start coming out on their own. This can take a few days, or up to 2 weeks. Any remaining sutures will be removed at your follow-up visit.

 **Swelling**, bruising or discoloration ('black & blue') and difficulty opening the mouth are expected. Swelling usually reaches its maximum 48 hours after surgery and resolves over the next 48 hours. You can use Arnica Montana, a homeopathic remedy, to help reduce swelling.

 **Call us** if you experience any significant pain or pain that is not well-managed by medication, and significant swelling which could be an indication of infection, or bleeding that is not controlled.

 **We're here for you!** Don't hesitate to call us anytime you have questions or problems concerning your post-operative care. Our telephone number is (415) 564-6170. We have a 24 hour-a-day, 7 day-a-week answering service. If the office is closed they will have one of the doctors return your call.