



**LAURENCE H. STONE, D.D.S.**

**COSMETIC & GENERAL DENTISTRY**

*For the smiles of your life.*

### **INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY**

1. No spitting, rinsing, drinking through a straw, sucking on mints, candy, etc. for the first 24 hours.
2. Smoking inhibits healing and can affect the final results of treatment. Please refrain from smoking as much as possible!
3. Apply an ice bag or cold compress to the outside of your face over the operated area. Keep the face cool, not frozen, through the first 24 hours. This will keep the swelling and discoloration to a minimum.
4. Eat soft foods and avoid all chewing on the surgical site until you return to the office for the first post-operative visit. Do not drink hot beverages or attempt to eat anything until the anesthesia has worn off.
5. After 24 hours you may rinse gently with warm salt water or any mouthwash of your choice.
6. Follow your normal home care program in all areas except those involved in surgery.
7. The packing (if used) may come loose prior to your post-operative visit. Remove loose pieces and continue to avoid the area. Gentle brushing can be performed where the packing has come off, this will help healing.
8. \*PLEASE REFRAIN FROM USING AN ELECTRIC TOOTHBRUSH IN SURGICAL AREA 6-8 WEEKS FOLLOWING SURGERY\*
9. Take medication as recommended or prescribed.
10. Call the office should you have any questions or concerns.

In the event of an emergency please call Dr. Stone at home 215-598-8142 or his cell 267-261-1906

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