



Post-Operative Guide: Periodontal Surgery (With or Without Regeneration)

Section 1 — First 24 Hours

What to Expect

- **Pain:** Varies by size and difficulty of surgery. Worse with larger areas.
→ If pain **increases again between days 3–7**, call the office.
 - **Bleeding:** Light bleeding is normal for 24 hours. Blood mixed with saliva looks heavier. A little bleeding at bedtime is OK—use a towel.
 - **Swelling:** Usually peaks **days 1–4**, improves **days 7–10**.
→ If swelling **increases again between days 3–7**, call us.
 - **Sutures:** Feel them with your tongue but **do not touch or pull them**.
 - Dissolvable sutures may come out **2–14 days** post-op.
 - Non-dissolving sutures are removed **2–6 weeks** post-op.
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Strict No-Can-Do's

- No rinsing for **24 hours**
 - No spitting, straws, suction, or pulling lips/cheeks for **7 days**
 - No rubbing or pressure on grafting sites for **3 months**
 - No smoking or alcohol for **3 days**
 - No heavy activity (exercise, mowing, vacuuming, sports) for **5 days**
 - No **hot** foods/drinks for **7 days** (warm is OK)
 - No spicy foods, popcorn, chips, carbonated drinks, or acidic juices for **14 days**
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Things You SHOULD Do

- **Gauze / Pressure:** Keep gauze in place for the first **hour**. If bleeding continues, replace with damp gauze and bite for **30 minutes**. Change every **30–45 minutes** as needed.
 - **Cold Packs:** 20 minutes on / 20 minutes off for the first **36 hours**.
 - **Medications:** Take all prescriptions as directed, with food unless told otherwise.
 - **Oral Hygiene:**
 - No rinsing for **24 hours**
 - Start brushing/flossing the **NEXT DAY** — **avoid the surgical site** for ~2 weeks
 - **Do NOT use a Waterpik**
 - Use prescription rinse, Listerine, or gentle warm saltwater (NOT hot; do not rinse vigorously — gently bathe the area)
 - **Diet:** Soft foods only, chew away from the surgical area. Avoid sharp or seasoned foods.
- First 24 hours (cold only):**
Smoothies, protein shakes, iced tea, milk, Boost/Ensure, cold pasta, cold soup, cold mashed potatoes, applesauce, pudding, Jell-O, yogurt.
- **Vitamin D / Multivitamin:**
Strongly recommended during healing. *DentaMedica Recovery Kit* is advised.
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Section 2 — Days 2–14

What to Expect



- **Pain:** Often worse on day 2; usually resolves by **10–14 days**.
→ Call if pain or swelling **increases again between days 3–7**.
 - **Bleeding:** Light pink oozing is normal. Heavy bleeding past **day 2**—call us.
 - **Swelling:** May worsen on day 2, then stabilizes day 3, improves by days 4–5.
 - **Bruising:** Normal; lasts 7–14 days depending on procedure size.
- Things You SHOULD Do**
- **Warm Packs:** After 24–36 hours, you may use warm packs (not hot).
 - **Diet:** Continue soft foods. **Rule:** If you can easily **pinch through it**, you can eat it.
Examples (warm or cold, never hot):
Eggs, pancakes, soft cereals, soups, pasta, baked fish, slow-cooked foods, mac & cheese, meatloaf.
 - **Vitamin D / Multivitamin:** Continue daily.
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Section 3 — Day 15 and On

What to Expect

- **Pain/Swelling:** Should be minimal by week 3. New or worsening symptoms — call us.
- **Sutures:**
 - Dissolvable likely gone
 - Non-dissolving removed at **2-week** visit (sometimes later)
- **Sensitivity:** Common after periodontal surgery due to exposed root surfaces; improves with time.

Things to Avoid

- No Waterpik near surgical site for **1 month**
- No pressure or massage on grafting sites for **3 months**

Things You SHOULD Do

- Stop prescription rinse by week 2
- Carefully brush and floss but **keep the area clean**

Diet

- If **no bone grafting/regeneration** → you may eat normally as tolerated.
- If grafting was done or surgery was on **both sides** → continue soft diet from Days 2–14 until **3–4 month** evaluation.

Vitamin D / Multivitamin

Continue daily.

Section 4 — What's Next?

2-Month Re-Evaluation

Teeth are cleaned and gums re-measured to confirm pocket reduction.

6-Month Re-Evaluation

If bone grafting or regeneration was performed:

- Area must remain **undisturbed for at least 6 months**
 - A letter will be sent to your dentist with instructions on when probing is allowed
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Periodontal Maintenance

Periodontal disease cannot be cured — only controlled.

You **MUST** maintain results with:



- Brushing **twice/day** for 2 minutes (focus on gumline)
- Flossing **once/day**
- Routine periodontal cleanings **every 3 months** for at least 1 year
- Ongoing excellent home care

Risk Factors That Worsen Periodontal Disease

Avoid or control the following to protect your results:

- Smoking (all forms: cigarettes, cigars, pipes, marijuana, vaping)
- Poorly controlled Diabetes (Types I & II)
- Cardiovascular disease (high BP, stroke, aneurysm, atherosclerosis, valve disease, acute coronary syndrome)

Emergency Contacts

- Dr. John Thousand: 303-250-4091
- Dr. Hailey McKinley: 812-661-0931
- Dr. Michael Romani: 559-300-9953
- Dr. Jessica Koster: 214-608-8046



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