

Dr. M. Jeffrey Morton D.M.D.
Periodontics – Dental Implants – Jaw Pain
Dental Sleep Apnea – Snoring
232 Chester Avenue Moorestown, NJ 08057
Office: 856-778-1666 Fax: 856-778-1666

Dr. Morton's Emergency Number (856) 296-0496

After periodontal surgery a certain amount of oozing, swelling, or discomfort is normal. The following are recommendations that will make your recovery as comfortable as possible:

- ⇒ **Reduce your activity** as much as possible for several hours.
- ⇒ Do not eat until the effects of the anesthesia are completely gone.
- ⇒ To avoid injuries eat only **cold, soft food** such as yogurt, ice cream (no nuts), applesauce, smoothies, mashed banana and Ensure drinks, Protein shakes for several days.
- ⇒ Drink plenty of **cold liquids** but not through a straw. No straw until we see you at your post op.
- ⇒ If possible, try to chew in areas other than the surgical site.
- ⇒ **Use ice** to reduce swelling and discomfort.
- ⇒ **Do not brush** in the surgical area but continue to carefully clean other areas.
- ⇒ **Do not rinse** until the second day--very carefully. **Do not use mouthwash unless instructed by the doctor**
- ⇒ Do not inspect the surgical area by moving or tugging your lips.
- ⇒ Sleep on your back with your head elevated so you do not lie on the surgical area. **Do not smoke** as it causes a longer healing process.

ICE

The ice keeps swelling to a minimum. Place the ice bag over the affected area 15 minutes on and 5 minutes off. If no ice bag is available, use a heavy plastic bag filled with crushed ice. Or a bag of frozen peas is preferred. Tie the end securely and cover it with a soft cloth to avoid irritating the skin. Use the ice over the entire affected area. After 48 hours, you should not need to continue applying cold. However, if swelling persists or a fever develops.

BLEEDING

After surgery, a slight oozing of blood is normal. At first, do not rinse the area so that natural clotting may start. If the bleeding becomes a concern to you, please call the office.

TO RELIEVE PAIN

Right after surgery, begin taking medication as directed by the Dr. Morton, as this will reduce discomfort when the anesthesia wears off. To keep you comfortable, he may give you a prescription.

POST-OPERATIVE VISIT

About 10 days to 2 weeks after your surgery you will visit the office to check healing. Please make this appointment before you leave the office and call if you need to change it.

**Please do not hesitate to call the office or Dr. Morton after office hours
if you have any questions or problems.**