



Anthem Dental & Implants

702-616-1600

Osseous (Bone) Surgery

Post Operative Instructions

You have just had a minor/major periodontal surgery. You will experience some discomfort, and swelling, which can vary considerably. To minimize swelling apply an ice pack to the face as soon as possible, 10 minutes on and 10 minutes off for the remainder of the day; elevate your head when sleeping. Traces of blood in your saliva may be expected. Bleeding is normal for up to 24 hours. If bleeding is excessive, take a moist piece of gauze or tea bag and apply pressure to the area for 30 minutes.

Any prescribed medication should be taken as directed.

Soreness should subside in a few days, but may last several weeks. It is imperative to continue with immaculate home-care (brushing and flossing) even through the healing phases, however, avoid the treated areas. Warm salt-water rinses are necessary 4-5 times per day. Do not smoke for one week. Alcohol can cause bleeding and dissolve the dressing - it should be avoided for 48 hours. Should any fever, swelling or severe pains occur, please contact the office immediately. If any sutures (stitches) or periodontal dressing is placed in your mouth, gently clean these areas as well as you can, and rinse with care. Call the office if any large piece of dressing comes off. Return to the office in one week for post-operative treatment.