



TCD SPECIALTY GROUP

A Division of Total Care Dental & Orthodontics
ortho | endo | pedo | os | perio

Periodontal Surgery After-Care Instructions

Please review these instructions carefully to **support healing and comfort** after your procedure.

Mild discomfort is normal. Most patients recover quickly with proper care.



What Is Normal After Your Procedure

- Mild to moderate soreness for several days
- Swelling of the gums or jaw near the surgical area
- Minor bleeding or oozing during the first 24 hours
- Gum tenderness or sensitivity

These symptoms are common and should improve each day.



Managing Discomfort & Swelling

- Take prescribed medications exactly as directed
- Over-the-counter pain relievers (such as ibuprofen or acetaminophen) may be used, unless your provider advises otherwise.
- Apply an ice pack to the outside of your face (20 minutes on, 20 minutes, off) during the first 24 hours



Eating After Your Implant

- Wait until numbness has completely worn off before eating
- Begin with soft foods for the first 24–48 hours
- Avoid hot, spicy, crunchy, or hard foods
- Chew away from the surgical area



Keeping the Area Clean

- Do not brush or floss directly over the surgical site until instructed
- Continue gentle brushing and flossing in untreated areas
- Do not rinse vigorously for the first 24 hrs
- After 24 hours, gently rinse with warm salt water if recommended



Important

Proper gum healing is essential for long-term oral health. Avoid smoking, vaping, or using tobacco products during healing, as these can delay recovery and increase the risk of complications.

Need help or have questions? We're here for you.

Please contact us promptly if you notice any of the following:

- Severe pain that does not improve
- Swelling that increases after **2–3 days**
- Fever or signs of infection
- A cracked, loose, or missing temporary restoration

Contact our office:  **866-TCD-0003**  www.tcdsg.com