



POST OPERATIVE INSTRUCTIONS FOLLOWING MUCO-GINGIVAL SURGERY



1-3 LONDON ROAD, FOREST HILL, SE23 3TW
0203 143 0080
www.londondentalarts.co.uk

Congratulations on completing your muco-gingival surgery!

To ensure a smooth and successful recovery, it's important to follow these post-operative instructions carefully. Remember, every individual's healing process may vary, so consult your dentist or oral surgeon if you have any concerns.

Immediate Post-Surgery Care

Rest and Recovery

Plan to rest for the first 24 hours after surgery. Avoid strenuous activities and exercise during this period to promote healing. Avoid pulling the lip to look at the surgery site.

Bleeding

Some minor bleeding is normal immediately after surgery. Bite down gently on the provided gauze pad for about 30 minutes to control bleeding. If bleeding persists, replace the gauze and bite down again. Keep your head elevated to minimize bleeding.

Pain Management

Take any prescribed pain medications as directed by your dentist or oral surgeon. Over-the-counter pain relievers like ibuprofen can also help, but avoid aspirin as it may increase bleeding.

Swelling

Swelling is common after surgery. Apply an ice pack to the outside of your face in 20-minute intervals for the first 24 hours to reduce swelling.

Oral Hygiene

Gentle oral hygiene is crucial. However, avoid brushing the surgical area for the first 24 hours. After this period, you can gently rinse your mouth with Corsodyl mouthwash 4-5 times a day to keep the area clean.

First Few Days

Diet

Stick to a soft, cool diet for the first few days. Avoid hot, spicy, crunchy, and acidic foods that could irritate the surgical site.

Smoking and Alcohol

Avoid smoking and alcohol consumption during your recovery, as they can delay healing and increase the risk of complications.

Oral Habits

Refrain from touching the surgical area with your tongue, fingers, or any objects. This helps prevent infection and disturbance of the healing process.

Medications

Take all prescribed medications as directed. If you're on antibiotics, be sure to complete the full course even if you start feeling better.

Sun Exposure

If you're going to be in the sun, protect your face from direct sunlight, especially if you're prone to swelling.

Signs of Complications

Keep an eye out for signs of infection (increased pain, swelling, fever, pus), excessive bleeding, or other unusual symptoms. Contact your dentist or oral surgeon immediately if you notice any concerning changes.

Remember, proper post-operative care is essential for optimal healing. If you have any questions or concerns about your recovery, don't hesitate to reach out to your dental healthcare provider.

Your comfort and successful healing are their top priorities.



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contact@londondentalarts.co.uk
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