

Post-Treatment Instructions

Antibiotics and other medication should be taken as instructed. Even if the discomfort has subsided, you should complete the prescribed medication. To relieve discomfort, a non-aspirin painkiller can be taken before the anesthesia wears off.

Some bleeding is expected for the initial two days. If you do not have a dressing on, apply a moistened gauze or teabag with moderate pressure for 30-minute intervals to ease bleeding or oozing. If you have a dressing on, leave it in place for two days to help protect your gum.

To ease swelling, you can apply an ice bag or cold compress for 15-minute intervals to the outside of your face during the first 24 to 48 hours.

It is important to maintain oral hygiene during the healing process. Brush your teeth very lightly the first night, and then begin to floss gently the next day.

You should AVOID the following after periodontal surgery:

- Do not eat for three hours after surgery. Avoid hard or spicy foods, and eat a soft or liquid diet for the next two to three days.
- Do not rinse for a few hours after surgery. Rinsing or spitting forcefully can disturb clot from forming.
- Do not smoke, or drink alcoholic or carbonated beverage for at least 24 hours. Avoid using any mouth rinse that contains alcohol.

治療後指示

抗生素和其他藥物的服用應謹遵醫囑。即使不適已減退，您也應該完成服用醫生開出的藥物。在麻醉消退前，您可以服用不含阿司匹林的止痛藥來減輕不適。

在頭兩天內可能會出現少許出血。如果沒有包紮，您可以每隔 30 分鐘用濕紗布或袋泡茶來減少出血或滲血。如果有包紮，兩天內不要拿掉以保護您的齒齦。

在最初的 24 到 48 小時內，您可以每隔 15 分鐘用冰袋或冷敷布放置于臉龐外側以減輕腫脹。

在康復過程中維持口腔衛生是很重要的。第一個晚上輕輕地刷牙，次日可以開始用牙線輕輕地清潔牙齒。

在接受牙周病治療後您應該**避免**下列事項：

- 手術後 3 小時內不要進食。不要吃硬或辣的食物，在接下來的兩到三天內應吃一些柔軟或流質的食物。
- 手術後數小時內不要漱口。用力地漱口或吐唾沫會阻礙血液凝塊的形成。
- 手術後 24 小時內不要吸煙、喝酒或飲用碳酸飲料。避免使用任何含酒精的漱口水。