

Post-Operative Instructions After Suture Removal For: Osseous Surgery, Crown Lengthening, Bone Grafts & Extractions

1. If an anti-bacterial mouth rinse (Perioguard - Chlorhexidine Gluconate) is recommended, please dip a cotton swab (Q-tip) into the liquid and gently rub on the gums in the surgical site.
Please use twice a day with a Q-tip for: _____ 2 weeks _____ 4 weeks
2. Do not use Chlorhexidine Gluconate for longer than the prescribed time and do not have anything to eat or drink for 30 minutes after you swab the area.
3. Rinsing with Chlorhexidine Gluconate can result in staining of your teeth (not permanently) so it is better to use a cotton swab (Q-tip) only in the surgical area.
4. If Chlorhexidine Gluconate is not prescribed, you can rinse with warm salt water for about 30 seconds, twice a day as well.
5. You can start to brush and floss the surgical area gently, since it has been one week from the surgery. It is important to clean the surgical area gently to avoid buildup of plaque and food.
6. A little bit of light bleeding when cleaning the surgical area is normal. Do not stop cleaning the surgical area as the bleeding will decrease over time as you clean.
7. Begin using the proxabrush in **approximately 5 days from the suture removal appointment**. Continue to use the proxabrush on a daily basis as long as it will fit between the teeth. The brush can be used multiple times – rinse after each cleaning and change the brush when it becomes worn. You can purchase more of these at the drug store, supermarket or any other store that sell toothbrushes and toothpaste.
8. You can now begin to eat a more solid diet, but still try to avoid hard/crunchy foods such as nuts, hard bread, pizza crust etc. for another week.