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DENTAL HOSPITAL

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Post-Operative Instructions for

Periodontal and Endodontic Surgery

Bangkok International Dental Hospital (BIDH)
Thailand's Specialized Dental Hospital

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Post-Operative Instructions for Periodontal and Endodontic Surgery

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- Pain relieve medication dosage should be taken as prescribed. If there is no pain, pain relieve medication may be stopped.
- Antibiotic medication should be taken as prescribed. It is necessary to continue taking the entire prescribed course until completed. Do not stop taking antibiotic medication without the doctor's approval.
- Allergic reaction, such as skin rashes and anaphylactic shock, may indicate that you are allergic to the medication. Should this occur please STOP taking the medication and call the clinic immediately.
- Some medication may cause nausea and/or vomiting side effects. If the symptom(s) occur, please take your medication immediately after meal with plenty water to avoid intestinal irritation.
- Bleeding should stop within 15-30 minutes after operation and may take longer in some cases. Patient may slowly sip cold water to help the bleeding stop faster.
- Do not spit out saliva for an hour after surgery.
- Please avoid hot foods and drinks for 24 hours after surgery and do not use a straw to drink water.
- Coe-Pack or periodontal dressing is a material of choice which may be used in some operation. This can be removed three days after the surgery by gently peeling the rim of the dressing and the white patch can be removed using moist cotton pellet or gauze.
- Cleaning by gently brushing the wound site is very important to prevent post-operative infections. Antiseptic mouthwash (C 20) is also recommended to be used after meal and before bedtime (Gargle about 5-10 cc of concentrate mouthwash(C 20) and hold for 1 minute, then spit out).
- Avoid smoking and alcohol intake.
- Non-absorbed sutures should be removed within 7-10 days after the surgery.
- Sleeping on thick pillows during night time may help reduce swelling.

Urgent signs you should contact or visit the dentist or emergency room immediately are as follows:

- Excessive bleeding other than slight staining.
- Severe pain is present.
- Marked swelling occurs.