



Patient Name: _____

Post-Surgery Instructions

Every effort has been made to provide you with the best dental care possible. Your help is now needed. These instructions have been prepared for you so that you may perform the necessary homecare following surgery. Please read and follow these instructions carefully. Also, do not hesitate to call the office if you have any questions.

CARE OF THE MOUTH:

PACKING – a dressing may have been placed over the surgical site for your protection and comfort. It should remain in place for approximately one week; however, if small fragments break away or become loose, do not be alarmed. If the entire packing comes off, please call the office for instructions.

RINSING – DO NOT RINSE FOR 24 HOURS. After that it is best to rinse 4 – 5 times per day with warm salt water until your suture removal appointment. This will help your healing.

NO RINSING, SPITTING, SWISHING or SUCKING anything thru a straw, because it disrupts the initial healing process or may prompt bleeding to reoccur.

EATING – Soft foods are recommended for the rest of the day. Avoid hot foods and drinks until the anesthesia has worn off. You may wish to stay on a semi-soft diet for a few days. If possible, chew on the side opposite of the surgery. Do not eat foods with small seeds for 48 hours after surgery.

BRUSHING – Continue to brush and floss any teeth not involved in the surgical procedure. Use the sponges (Toothettes and/or Q-tips) provided to gently cleanse the surgical site. **DO NOT USE** at all if you had a tissue graft - unless instructed to.

MEDICATION – Take as directed.

COLDPACKS – You may be given cold packs to use immediately following the surgery. Apply to the cheek on the surgical side for 20 minutes then remove for 20 minutes. After the anesthesia has worn off, you may find it soothing to suck on ice chips.

SLEEPING – Sleep with your head slightly elevated for 1 week following surgery.

SMOKING – Avoid ALL tobacco products for at least one month before surgery and 3 months after.

DISCOMFORT - Some discomfort is to be expected and will vary, depending upon the extent of the surgery. For slight discomfort, Tylenol, or Advil may be used. For moderate to severe discomfort, take prescription tablets as directed.

NAUSEA: Do not take medication on an empty stomach. If you have nausea, discontinue your medication. If nausea persists, call the office.

NUMBNESS: For several hours following surgery, there may be numbness of the lips, cheeks, or tongue, so avoid biting or chewing.

SWELLING AND/OR TEMPERATURE: If swelling and/or temperature continue past the first two days, please contact the office - - - (404) 261-4941.

IMPLANTS: Surgical site needs to be swabbed with a Q-tip and Peridex twice per day.

*BY SIGNING THIS FORM, I ACKNOWLEDGE THAT I HAVE READ THE **POST-SURGICAL INSTRUCTIONS**, THAT I FULLY UNDERSTAND THEM AND HAVE BEEN GIVEN AMPLE OPPORTUNITY TO HAVE ANY QUESTIONS SATISFACTORILY ANSWERED.*

_____ PATIENT NAME (printed)

_____ PATIENT SIGNATURE and DATE

_____ WITNESS

_____ DATE

POST-SURGERY DIETARY SUGGESTIONS

The following dietary suggestions have been prepared to aid you in the selection of food following periodontal surgery. A well balanced diet will help you heal faster and feel better. You may return to a normal diet as soon as you feel like it. **It is best to avoid spicy foods and juices containing citric acid for at least two weeks.**

SOFT FOODS:

- MILK: Whole milk, skim milk, eggnog, buttermilk, yogurt, malts or shakes.
- SOUPS: All soups, including vegetable soups, cream soups and bouillon.
- EGGS: In any form, especially soft boiled, scrambled or poached.
- MEATS: Ground round or very tender, small pieces of any meat.
- FISH: Tuna, salmon, shellfish (small pieces), etc.
- VEGETABLES: Mashed potatoes, peas or other soft vegetables.
- FRUITS: Bananas, applesauce, canned peaches or pears. Avoid fruits with citric acid (lemons, oranges, etc.)
- JUICES: Apple, grape, etc. Again avoid anything with high concentrations of citric acid such as tomato or grapefruit juices.

ADDITIONAL SUPPLEMENTS

Powdered skim milk is an excellent source of protein, minerals and some vitamins. It can be added to soups, gravies, mashed potatoes, or whole milk. High protein powdered or liquid preparations such as Carnation Instant Breakfast, Metracal, Nutrament, etc. can be used in liberal amounts.

During this time when normal chewing may be slightly impaired and the need for good nutrition increased, the daily use of a multivitamin and a time-release vitamin C tablet (1000-1500 mg) daily is suggested.

FORMS / post surgical instructions