

## PATIENT INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

Complications or problems after periodontal or implant surgery are rare. These instructions are provided to minimize any discomfort you may have, and maximize the results of the procedure that was performed.

1. Do not apply excessive tongue or cheek pressure to the treated area.
2. Do not be alarmed if one of the following occurs:
  - Light bleeding
  - Slight swelling
  - Some soreness, tenderness, or tooth sensitivity
  - Medicinal taste, from Peridex or Periogard mouthwash
3. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face (10 minutes on, 5 minutes off) until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal surgery.
4. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva.
5. If medication has been prescribed, please take exactly as directed. If antibiotic pills are prescribed, the entire bottle or prescription should be taken for the stated number of days or weeks. If you are not allergic to Motrin (generic Ibuprofen), we will most likely prescribe it primarily to minimize tissue swelling and local inflammation that is a natural side effect of minor surgery. Ibuprofen is also good to reduce postoperative pain and sensitivity. Ibuprofen is nonnarcotic and does not affect your ability to drive. Never place aspirin directly on the tissue of a painful area.
6. Strenuous physical activity such as running, aerobics, weightlifting, etc should be avoided for 1 week after surgery.
7. Try to keep your mouth as clean as possible in order to help the healing process. **Only brush and floss the untreated area of your mouth.** Do not brush or floss the treated area for 10-14 days or as directed by your doctor.
8. Begin rinsing your mouth gently 2 times a day with the prescribed mouthwash the day following treatment. In between rinses, rinse your mouth gently 2-3 times a day with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water). These "rinses" should let the liquid soak at the treatment sites - **do not swish with vigor.**
9. You will be on a liquid diet for 3 days, then a diet of "mushy"/soft foods for 4 days, and then a diet of smart food choices. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you can comfortably return to a normal diet. During this process, do not drink through a straw. Please refer to the diet suggestions below.
10. Avoid spicy or excessively hot foods during the initial 3-day liquid diet period.
11. When eating do not chew on the side of your mouth which has been treated.
12. If sutures were placed, they are typically removed within 7-14 days after treatment. It is important that the sutures remain in place, and that they not be disturbed by chewing, tongue pressure, etc.
13. Tobacco has a very large effect on your gums and periodontal disease. Tobacco is associated with an increased disease rate in terms of loss of the bone and gums that are holding your teeth in, as well as an increase in the space between your gums and teeth. Tobacco is a major factor for chronic gum disease. Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and may cause the gum disease to reoccur after treatment. If you smoke or chew tobacco we highly recommend not to do so while you are healing, or anytime after that.

**PLEASE CALL** If any swelling around your jaw increases, you develop a fever, continued bleeding, numbness, pain in your jaw or sinuses that is unrelieved by your pain medication.

### Specializing in Periodontics and Implant Dentistry

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## PATIENT INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY (CONT)

### POST SURGERY DIET SUGGESTIONS

The **first three days** following treatment, follow only a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect treatment site from any physical pressure. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the healing. Take daily vitamins.

**Next four days** after treatment, foods with a “mushy” consistency such as those listed below are recommended.

Starting **seven to ten days after** treatment, soft foods are allowable.

Please remember that even after ten days, healing is not complete. The **first month following** treatment you should continue to make smart food choices. Softer foods are better.

#### “Mushy” Diet Suggestions

Anything put through a food blender

Cream of Wheat, Oatmeal, Malt-O-Meal

Mashed Avocado, Applesauce

Mashed Potatoes or Baked Potatoes – OK with butter/sour cream

Mashed Banana or any mashed/blended fruit except berries with seeds

Broth or Creamed Soup

Mashed Steamed Vegetables

Mashed Yams, Baked Sweet Potato, or Butternut Squash

Cottage Cheese, Cream or Soft Cheese

Creamy Peanut Butter without solid pieces

Eggs any style, with or without melted cheese

Omelets can have cheese and avocado

Jell-O, Pudding, Ice Cream, Yogurt

Milk Shakes/Smoothies – **DO NOT** blend with berries containing seeds

#### DON'T

Chew gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables/salad.