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Post-Operative Instructions

*****Absolutely no rinsing, brushing your teeth, drinking through a straw, or spitting (anything that causes negative pressure) for 24 hours*****

Working/Exercise – We suggest you return home immediately and relax. You may return to work when you feel up to it. For the next week, attempt to keep your head above your heart and avoid strenuous exercise.

Pain Medication and Antibiotics – A certain amount of discomfort is expected following your procedure. Discomfort is typically greatest on days two and three following the surgery. Your doctor has prescribed medication that will promote more comfortable and rapid healing. Please take these medications as directed unless you have an adverse reaction such as a skin rash or difficulty breathing. Pain medicine is usually necessary for at least the first 2-3 days after a surgery and should be used as prescribed. It is recommended that you take your pain medication when arriving home following your procedure. If you wait too long to take this medicine, there is often a delay in its effectiveness. With any surgical procedure, a secondary infection is a possibility, for this reason you may have been prescribed an antibiotic. Discontinue the use of alcohol while taking all pain medications and antibiotics. Discontinue operating heavy machinery while taking narcotic pain medication, if prescribed.

Food – Please avoid chewing on the same side of your mouth as the surgical site. Consume soft foods for the first week after your procedure. Avoid hard and crunchy foods along with small seeds that could work their way into the surgical site. (Specific food examples provided below.) Remember, no drinking through a straw, spitting, or smoking for at least 3 days after surgery. To avoid nausea while taking medications, it is important to eat following the surgical procedure.

Oral Care – Refrain from brushing the teeth involved with or near the surgical site until you return for your first post-operative visit. At that time, further recommendations will be provided based on how well you have healed. You may brush and floss all other sites in your mouth as you normally would. Use Peridex (Chlorhexidine) rinse twice daily starting the day after your procedure and use warm salt water to rinse after each meal. You may experience sensitivity to cold immediately following your surgical procedure which is likely to decrease over time.

Nausea and Vomiting -- To avoid nausea, it's best to eat a snack or light meal prior to taking pain medications. If you have multiple episodes of vomiting and it becomes an emergent issue, please connect with a member of the SS Periodontics team.

Bleeding – Light bleeding is possible at or near the surgical site. This is expected to occur within the first 1-2 days following the procedure. A pool of saliva mixed with a few drops of blood could look like a pool of blood. It is important to remember when waking from your sleep, you may see blood- or blood-stained saliva on your pillow. If you experience persistent bleeding, place a damp tea bag over that area.

Swelling and Ice Pack Use – A certain amount of swelling is expected after the procedure. The swelling will be greatest on days two and three after the surgery. For the first 24 hours, apply an ice pack to the outside of the face near the surgical site at an interval of 20 minutes on and 20 minutes off. While it can be used after 24 hours, use of an ice pack is most effective in the first 24 hours after a procedure. Use of an ice pack will decrease swelling, bruising and discomfort.

Increased Tooth Mobility – Following your surgical procedure, you may notice increased mobility of your teeth near the surgical site. This is expected to decrease in the days and weeks following the procedure.

When to Contact Your Doctor – Should you have a major post-operative emergency, the doctor may be contacted at the phone number provided during your appointment. For routine questions or concerns, please contact the office Monday through Thursday between 7 am and 3:30 pm.

DIETARY POST SURGICAL INSTRUCTIONS

During this crucial time of healing it is important that dietary instructions are followed. Generally, your diet should be BLAND. Drink plenty of water to prevent dehydration. Chew only on non-surgical site.

RECOMMENDED FOODS

Your diet should be full of liquids, ideally cold and very soft. Examples of food to include during this time are:

- Milkshakes/protein shakes
- Cooked vegetables
- Yogurt
- Apple sauce
- Ice cream
- Blended foods
- Baked fish
- Mashed, boiled or baked potatoes
- Soup
- Eggs (any style)
- Cooked cereal
- Ground meats
- Cheese

FOODS TO AVOID

Avoid relying on sugary foods/beverages as the main diet during this time as they may create large amounts of plaque build-up around the surgical site. A clean environment promotes better healing.

- Hard Foods
- Sticky Foods
- Crunchy Foods
- Sharp Foods
- Scalding, hot beverages
- Scalding, hot foods
- Spicy foods
- Popcorn
- Bread with small seeds
- Dried fruits
- Nuts
- Crackers
- Pizza
- Chips
- Hard Candy
- Fruit with small seeds