



Post-Operative Instructions

To insure your comfort and the best possible result from your treatment, we strongly suggest that you read and closely follow the instructions below.

What to expect:

- Once the anesthetic from your procedure wears off, you may have some mild discomfort in the treatment area which is readily controlled with the use of prescription pain medications and ice packs as outlined below.
- Mild swelling and/or bruising are not uncommon in the days following dental surgery. This is normal and usually NOT a sign of infection. The swelling can be minimized with judicious use of an icepack, held gently on the outside of your face (20 minutes on 20 minutes off). Bruising can be reduced with the use of Arnica Cream, an over the counter supplement available at Whole Foods and Vitamin Cottage.
- Occasional blood stains in the saliva may be expected. If there is considerable bleeding, gently rinse with cold water and then take a piece of damp gauze or a cold, wet tea bag and cover the area under pressure for 30 minutes.

Prescriptions:

- Antibiotics are often prescribed following periodontal procedures. We ask that you take your medication, (as prescribed) with a full glass of water, until finished. Please discontinue use and contact our office or call 911 if you experience any signs of a true drug allergy- rash, hives, or difficulty breathing.
- Closely follow the directions on the pain medications you were given. These medications are meant to speed your healing process and make you more comfortable in the days following your treatment. Use only as directed.
- You may have also been given a prescription for a special mouth rinse to speed your healing process. Use the mouth rinse (as prescribed) twice a day until you are instructed to stop. If you were not given a prescription mouth rinse, you can still rinse with luke warm salt water (1 tsp in an 8 oz. glass of water) 3-4 times per day.

Diet and Home Care:

- Avoid any strenuous activity that may elevate your heart rate for at least 48 hours after your procedure.
- Your diet should consist of **soft foods only** until directed otherwise. A food that is considered soft is anything that can be eaten with a spoon only (mashed potatoes, scrambled eggs, oatmeal, yogurt, cream soups, etc.) When chewing please avoid getting any food in the area that has been treated. Also please avoid nuts, seeds, and sodas containing phosphoric acid as well as the use of drinking straws.
- Do not brush or floss your teeth in the area where your procedure was completed. You **should** brush and clean the rest of your teeth as usual, but be careful not to injure the healing areas. These areas can be adequately cleaned with the rinse alone.
- A pack or surgical dressing may have been placed over the treated area for your comfort. The pack is somewhat soft when first placed, and will continue to harden for the first hour or so after your procedure. If some of the pack falls off before your next visit with us it is OK. If, however, a portion of the dressing becomes loose and doesn't come out on its own, please come in and see us rather than trying to remove it yourself.
- Finally, you will have a series of short, follow-up visits with us in the coming weeks. These appointments are very important for us to monitor your progress and to alter your home care as indicated. We ask that you keep all of these

appointments as scheduled. If you have to miss one, please let us know ahead of time so that we can reschedule you promptly so as to not jeopardize your optimal healing.

Post-Surgery Diet

After your surgical procedure, your diet should consist of ***soft foods only*** until directed otherwise. A food that is soft is anything that can be eaten with a spoon only. When chewing, please avoid getting any food in the area that has been treated.

Soft Food Suggestions

Anything put through a food blender (get creative)! Mashed or baked potatoes
Apple sauce or any mashed/blended fruit *except fruits berries with seeds*
Creamy peanut butter without solid pieces Steamed vegetables
Cottage Cheese, Cream Cheese, or other soft cheeses Creamed soups
Soft white fish
Eggs any style, omelets can have cheese and avocado Cream of wheat, oatmeal, malt o meal
Yogurt
Milk shakes and ice cream

There are a lot of resources online with creative recipe ideas for oral surgery recovery! Do a google search for “Mushy Diet Recipes” or “Soft Diet Suggestions”

One of the best resources we have found thus far is this website on food.com:

<http://www.food.com/cookbook/mushy-wisdom-teeth-mouth-or-oral-surgery-261081>

It is full of great recipe ideas including many soups, dips, chutneys, soufflés, etc. Be creative! If you happen to stumble across a new great recipe or resource please let us know so we can pass it on to others in the future!

Don't...

Chew gum, candy, cookies, nuts, crusty bread, bagels, chips, popcorn, or anything hard or crunchy. Also avoid anything that has seeds or hard pieces, raw vegetables/salad, and don't drink soda containing phosphoric acid or consume any beverage through a straw.