

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. **DO NOT DISTURB THE WOUND** – In doing so you may invite *irritation, infection and bleeding*. **SPOTTING** of blood is normal for the first 24 hours.
2. **SWELLING** - To aid in the prevention of swelling after oral surgery, ice packs should be placed at intervals of 20 minutes on and 20 minutes off externally around the surgical site for 24 hours following the procedure. Do not place ice packs inside the mouth. **Maximum swelling and bruising does occur 72 hours after surgery**. Bruising can be blue, purple, green, yellow, or brown and travel down the neck or up the cheek as it heals.
3. **HOME CARE - Do not swish aggressively for the first 24-48 hours following surgery**. It is very important to maintain the blood clot over the healing site and swishing will disrupt it. Use the prescription mouth rinse (Periogard) or warm salt water to do head tilt rolls as instructed. Do not brush the surgical area for 1 week following surgery, we will provide you with a soft “post-op” brush to start using on the teeth, but still staying away from the gums. All other teeth should be brushed and flossed as usual. **Rinse 2 times a day, morning and night, and do not rinse with water following Periogard**. Periogard rinse *WILL STAIN YOUR TEETH AND TONGUE after prolonged use (over 1 week); (Disregard if using StellaLife products and see their brochure for instructions)*. After 1 week of rinsing with Periogard, switch to an alcohol free OTC rinse; we recommend the "Natural Dentist". If sutures were placed, you will notice your sutures coming loose at around 1-3 weeks and they may completely come out when you rinse.
4. **ANTIBIOTICS** - If antibiotics are prescribed, be certain to continue taking the **full course**. *If you develop hives or a rash, please discontinue use, take Benadryl, and call our office immediately!* Antibiotics are prescribed as a precaution; however, this does not mean an infection will not occur.
5. **PAIN** - Pain or discomfort is to be expected following any surgery. You will be given prescriptions for appropriate pain medications. Please follow the directions on the prescriptions and do not take them on an empty stomach or you may experience nausea. If you have continued pain, you may take the narcotic and Advil together for added pain relief if they were prescribed.
6. **SMOKING or VAPING**– Refrain from these for at least 7 days post-surgery as this will hinder the healing process and can lead to complications.
7. **IMPROVEMENT** - After the first 48 hours following surgery you should begin to feel better with each day. If, however, you have questions regarding your progress, please call our office.

DIETARY SUGGESTIONS FOLLOWING SURGERY

**Please keep in mind it is important to eat a soft diet for the first week after surgery.
This does not always mean a liquid diet, but “mushy”.**

The **first day** following surgery, cold/room temperature soft foods only such as:

- Anything put through a blender/food processor
- Cottage Cheese
- Jell-o
- Pudding
- Yogurt
- Applesauce
- Plain ice cream
- Milkshakes & Smoothies (DO NOT USE A STRAW)
- Protein drinks

The **second day** after surgery, you may introduce warmer “mushy” foods such as:

- Macaroni and cheese
- Broth or Creamed Soups
- Mashed potatoes
- Eggs any style
- Pastas
- Flaky fish
- Shredded meats
- Most steamed vegetables (i.e. Potatoes, Yams, Cauliflower, Squash, Green Beans, Carrots)
- Avocados
- Cheese
- Bananas
- Cream of wheat

DO NOT EAT:

- Nuts/Seeds/Berries (strawberries, raspberries, & chia/flax seeds)
- Chips, Pretzels, or Popcorn
- Hard Breads (sourdough, dutch crunch, etc.)

Things to remember:

- ✓ Avoid extremely hot foods and citrusy foods as they can irritate surgical site
- ✓ Chew on opposite side of surgical site
- ✓ Do not eat/drink with gauze in mouth
- ✓ Do not use a straw until you return to the Ueno Center for post-op evaluation