



## ***Post-operative Instructions***

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### Instructions Following Periodontal Surgery:

1. As you leave the office and when you arrive home, apply a cold pack on your face next to the operated area to keep down the swelling. It is not unusual to have swelling for the first couple of days after the surgery. To minimize the swelling: keep the cold pack on your face for 10 min then off for 10 min and repeat this sequence as much as possible for the first 24 hours after surgery, elevate head during the first 24h (recliner chair or 2-3 pillows), use anti-inflammatory medication, such as ibuprofen (Advil, Motrin). Remember that swelling does not mean infection. If the swelling is severe or if you develop a fever 100°F or higher, please call.
2. If an antibiotic was prescribed for you, it is important to complete the full regimen as directed. Take all the medication with food unless otherwise stated.
3. Drink plenty of cool fluids, such as water, fruit juice or soda. Avoid hot foods and drinks for at least 24 hours.
4. Avoid smoking for at least a week after the surgery. Smoking impairs healing and leads to less desirable results and more post-operative discomfort.
5. Please limit your physical activities following surgery. Do not clean the house, mow the lawn, jog, do aerobics, play tennis etc. for at least 3 days after surgery. You should be able to go to work (very light physical activity) in a day or two after surgery. Remember that your body should be spending most of its energy in healing.
6. The average patient experiences some discomfort after the surgery. To minimize discomfort take the prescribed pain medication as directed. If pain persists or becomes severe, please call.
7. You will probably have slight bleeding or oozing and a pink color in your saliva the rest of the day. This is normal. However, if there is excessive bleeding the day of or the day after surgery, call for instructions. If you notice excessive bleeding and you had a gum graft done, the most likely source is the donor site at the roof of your mouth. This can be stopped by applying very strong pressure to the roof of your mouth with wet gauze, small towel or a tea bag for 30

minutes. Refrain from spitting after rinsing or using a straw to drink as this creates a suction-like force in your mouth and will make you bleed more.

8. Starting the day **after** the surgery, brush and floss your other teeth as usual (not on or close to the operated area). Rinsing with warm salt water (1 tablespoon of salt with 1 full glass of warm water) will help clean the treated area. After the third day you can start rinsing with Listerine. Rinse extremely gently and avoid spitting.

### Diet Instructions

It is important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. The foods listed below are planned to provide the body with adequate vitamins and minerals. Foods containing tomatoes, onions, peppers, or spices of any kind will be irritating and should be avoided.

#### **Breakfast:**

Apple juice, orange juice, milk, hot chocolate, tea, coffee, posteum, stewed fruits, prunes or similar fruits should be mashed, cooked cereal such as oatmeal or cream of wheat. Eggs: soft boiled, soft scrambled, poached, or soft fried. Bread should be softened with gravy or vegetable juice. Donuts should be softened in milk or coffee. Blender may be used to liquefy foods.

#### **Lunch and Dinner:**

Home cooked broth, bouillon, soups, ground beef, baked or broiled fish, broiled or stewed chicken (finely chopped). Chicken noodle soup, cheese and macaroni, milkshakes and ice cream, baked or whipped potatoes, asparagus, peas, carrots, lima beans, string beans (all mashed), cottage cheese, cream cheese, cheese soufflé, canned pears, baked apples. Cooked vegetables and meat juices. Puddings, jell-o, custard, pound cake.

#### **Remember:**

You may eat any soft food that do not irritate. You may chew if it is not uncomfortable to do so, but eat softer foods, take smaller bites and chew only in the areas where no surgery was done. If you experience difficulty in eating properly, the use of one of the commercially available dietary supplements (such as Instant Breakfast, Ensure, Enrich, protein shakes, etc) maybe used. The daily intake of a multivitamin is recommended.

**In case of an emergency, please call the office.**

**After hours emergency only, please call Dr. Katherine Rodriguez  
(305) 479-5800**