



POST- OPERATIVE INSTRUCTIONS

The following instructions are provided to maximize your comfort, and to increase the possibility of successful treatment. Please read them carefully and refer to them as needed.

1. Most patients experience mild discomfort once the anesthetic begins to wear off. Take the prescribed pain medication as directed as soon as possible even if your pain threshold is high. The anti-inflammatory effects of the medication will help you to recover more rapidly.
2. A nourishing, soft diet of high proteins and plenty of fluids will aid in healing. Avoid hot foods and beverages as their high temperature might cause more bleeding. Also avoid spicy, acidic, and salty foods. Below you will find a list of foods that do provide nourishment with little if any chewing necessary for swallowing. **DO NOT USE A STRAW, IT MAY CAUSE MORE BLEEDING**. A diet consisting of the following food items is recommended for the first three days following the surgery.

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| <i>Broths</i> | <i>Custards or puddings</i> |
| <i>Soups</i> | <i>Malted milk and shakes</i> |
| <i>Chopped or ground meat</i> | <i>Ice Cream</i> |
| <i>Yogurt</i> | <i>Jello</i> |
| <i>Fish</i> | <i>Eggs</i> |
| <i>Pasta</i> | <i>Rice</i> |
| <i>Food supplement such as Ensure or Carnation instant breakfast</i> | |

3. Do not chew on the treated side of your mouth.
4. Some swelling and puffiness is expected after periodontal procedures. This could be minimized by holding ice with light pressure on the outside of your face, adjacent to the treated area for the first 24 hours after surgery, ten minutes on-ten minutes off. After the first 24 hours stop using the ice pack.
5. Brushing and flossing are only permitted in the **non-treated areas of your mouth** starting the day following the treatment.
6. If antibiotics are prescribed please make sure you finish the medication. Also keep in mind those women using birth control pills **must use additional contraceptive methods** for the month in which the antibiotics have been prescribed.
7. Avoid excessive exertion of any type (jogging, hiking, weight lifting, etc.) for twenty-four hours after Surgery.
8. Occasional blood stains in saliva are expected and considered normal. Avoid smoking and drinking carbonated beverages for the first 24 hours. In case of continuous bleeding contact the office.

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