

What to expect and prepare for after your surgery

Diet Restrictions: No hard crunchy foods. (i.e. Chips, nuts, popcorn.) No gum, candy, soda or alcohol for two-five weeks following your procedure. Examples of appropriate foods are fish, avocados, yogurt with no seeds, mashed potatoes, oatmeal, Jello, and Ensure. These are simply suggestions and examples of what to eat. A good rule of thumb is anything that falls apart or is mushy with no grains or seeds.

Oral restrictions: You may not use a straw after your surgical procedure. No chewing nails or biting into anything. Please do not place foreign objects in your mouth such as pen lids, bottle caps or your fingers. The less you disturb areas the better.

Tobacco and Marijuana: You will be asked to quit chewing tobacco, smoking tobacco and or marijuana for at least the first 3 days, 2 weeks is preferred.

Travel Restrictions: No air travel for 14 days following your procedure due to climate changes and pressure changes.

Exercise Restrictions: No exercise for 3 days following your procedure. After the 3 days gradually ease back into your normal workout routine. No bending or lifting for at least the first 3 days. If you bend, lift or exercise this will cause your blood pressure to rise which creates more swelling and bleeding and will harm your surgical areas.

Aspirin usage: Please discontinue use of all aspirin products 10 days prior to surgery. Advil, Tylenol, and Ibuprofen are fine.

Oral hygiene restrictions: You may be restricted for up to two weeks from brushing and up to 1 month without flossing or using any oral irrigator.

Symptoms of illness: Do not ignore any symptoms of illness, i.e: Colds, fevers, sore throats, sinus infections, etc... Please call the office if you experience any symptoms of illness prior to your surgery. An appointment change may be necessary.

Prescribed medications: You will be prescribed a medicated oral rinse, antibiotics, as well as a painkiller. These are prescribed to aid you in proper healing, using the prescribed medications as directed is crucial.

Follow up appointments: We are committed to your care and will need to see you for follow up appointments to monitor the progression of your healing.

Work Restrictions: If you have a physically demanding job then you may need to take the first three days off. This is case by case and needs to be discussed with your Periodontist.

***IV Sedation:** If you choose to be IV sedated you will need to let the office know when scheduling your appointment. You may not eat after midnight prior to your appointment. You are allowed to drink water as you wish. You will need a ride to and from your appointment. The Nurse Anesthetist will call you with instructions the night prior to your appointment.

***Oral sedation:** If you choose to be orally sedated you need to let the office manager know when you schedule your appointment. You will need to pick the medication up from the pharmacy and bring it to your appointment. You will need a ride to and from your appointment. Do not eat four hours prior to your appointment.

*You may also be asked to postpone general dental appointments due to possible interruption of healing in areas that were surgically treated. This is case by case and there will be communication between your Periodontist and your general dentist regarding your treatment.