

AFTER SURGERY INSTRUCTIONS

Even after **seven days**, healing is **NOT** complete. The **first month** following treatment you should continue to make smart food choices & be more aware of your surgery sites.

- ✓ **You had surgery on** _____ in the: upper right upper left lower right lower left
- ✓ **Continue** to take medication(s) as directed.
- ✓ **Be aware** that a little blood mixed with saliva looks like more than it is, and may be present for up to **24 hours**.
- ✓ **Expect** discomfort for 2-3 days, up to 6 days. You may take Ibuprofen or Tylenol every 4-6 hours as needed.
- ✓ **DO NOT** brush/chew/floss surgical site. **Always** brush/floss **ALL other** teeth.
- ✓ **Follow** a soft food diet to allow healing and protect the clot that is acting as a “band-aid” between gums & teeth.
- ✓ **Use** Extra Soft bristle brush provided at post-op appointment.

ORAL CARE TIMELINE

After Surgery (continue until date noted)	Next 24-48 Hours	At 2 Weeks _____	At 1 Month _____	At 3 Months _____
AVOID <u>hot</u> liquids	BEGIN hot liquids @ <u>48 hours</u>			
AVOID <u>strenuous</u> activity	BEGIN strenuous activity @ <u>48 hours</u>			
DO NOT drink through a <u>straw</u>	BEGIN using a straw @ <u>48 hours</u>			
DO NOT <u>chew</u> on surgical site	✓	BEGIN chewing soft foods on surgical site		
ONLY consume <u>soft food</u> diet	✓	BEGIN gradually <u>firmer</u> foods over the next week. NO hard/crunchy items until week 3		
USE <u>Rx mouth rinse</u> , “liquid tooth brush” to cleans surgical site	BEGIN using Rx mouth rinse @ <u>24 hours</u>	STOP using Rx mouth rinse		
DO NOT <u>brush/floss surgical site!</u> DO brush/floss <u>all other teeth</u> as normal	✓	BEGIN to <u>brush</u> surgical site with <u>Extra Soft (ES)</u> brush provided at post-op	BEGIN to use <u>soft/ electric toothbrush</u> <u>floss</u> as normal	
DO NOT use <u>oral irrigators</u> such as a Water Pik	✓	✓	✓	BEGIN to use <u>oral irrigators</u>
AVOID <u>smoking</u> , it delays healing	✓	✓	We recommend minimizing/quitting	

SOFT DIET SUGGESTIONS

DAILY VITAMINS!
Anything put in blender
Cream of Wheat / Oatmeal
Pancakes / Eggs
Steamed Veggies
Baked Potato
Pasta
Broth / Creamed Soup
Mashed/blended fruit, no berries w/seeds
Cottage Cheese / Cream / Soft Cheese
Creamy Peanut Butter, no chunks
Jell-O / Pudding / Ice Cream / Yogurt
Milkshake/Smoothies, no berries w/seeds
Ensure / Slim Fast / Nutritional Drinks

DO NOT EAT FOR 2 WEEKS

Meat that shreds/gets stuck in gums/teeth
Raw vegetables
Fruit with seeds
Rice / Quinoa

DO NOT EAT FOR 3 WEEKS

Gum / Candy / Ice
Nuts / Seeds / Popcorn
Cookies / Chips
Anything hard or crunchy
Anything with seeds or hard bits

IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL :

Front Office (business hours)
928 - 634 - 5033

Emergency Line (after hours)
210 - 900 - 2807