



FOUNDATION IMPLANTS & PERIODONTICS
TECHNIQUES IN PRESERVATION AND REGENERATION

Post-Surgical Instructions

General Instructions

- Take medications as instructed
 - Always take medications with a small amount of simple food and water. Avoid alcohol and food that would upset your stomach.
- No smoking or marijuana use for 2 weeks
- Rest as much as possible. Keep your fingers and tongue away from the socket or surgical area and avoid manipulating surgical site
- Avoid strenuous exercise, heavy lifting, or submerging your head under water for 48 hours after surgery
- Apply ice or cold pack wrapped in cloth to the surgical site for 15 minutes on and off to reduce swelling
- Slow oozing from the surgical site is normal (place a towel on your pillow). Keep your head elevated when you sleep
 - If uncontrolled bleeding occurs, dampen a tea bag and apply firm pressure for a full 10 minutes
- Swelling and bruising are normal and usually peak 72 hours following surgery

Hygiene

- Avoid brushing or flossing the surgical site
- All other teeth and gums away from the surgical site can be cleaned like normal
- Gently swish warm salt water (1 tablespoon of salt into a glass of water) and allow the solution to fall out of your mouth into the sink without spitting
- We will evaluate the surgical site at your post op appointment to discuss how to clean the area in the future

Diet

- Avoid chewing at the surgical site, and try to use the other side of your mouth
- For the first 24 hours after surgery, your diet should consist of soft/cold foods
 - Milk shakes, smoothies with protein, broth, pudding, Jell-O, pudding, ice cream, frozen yogurt, applesauce, cottage cheese, fresh fruits (no seeds), canned fruit (chilled), avocado, pureed foods, hummus
- After the first 24 hours, your diet can change to soft/warm foods
 - Pancakes, scrambled eggs, mashed potatoes, pasta, soup, stews, moist meat (flaky fish, ground meat, etc.), noodles, rice, cream of wheat, polenta
- Avoid small seeds, crunchy, spicy, acidic, foods, or use of straws for 2 weeks after surgery

Return to clinic/contact doctor/proceed to the Emergency Department should concerns arise regarding fever $>101.5^{\circ}\text{F}/38.5^{\circ}\text{C}$, excessive swelling/bleeding, nausea/vomiting, difficulty breathing, lightheadedness

After-Hours Emergency – (720) 279-4189