

Please read the following instructions carefully, as following them will make your post-operative course more comfortable and help avoid any unnecessary complications.

Pre-Operative Instructions:

Make sure that any routine prescriptions are taken as normal. Eat a light meal a couple of hours prior to your surgery. An exception would be if you are having IV or Oral Sedation (please see sedation instructions). If pre-operative medications have been prescribed by our office, please remember to take them as directed.

Post-Operative Instructions:

Slight bleeding may continue for 24 - 48 hours. Bleeding is normal and is no cause for alarm. You may experience some swelling and bruising following surgery. Peak swelling may occur 24 - 48 hours after surgery. Ice the outside of the face over the area for the next 24 hours. An ice pack should be applied on the area for 15 minutes and off for 15 minutes. A frozen bag of vegetables makes an excellent ice pack at home.

Discomfort and Medications:

The amount of pain or discomfort varies from patient to patient. The medications given to you must be used as prescribed and should control your pain. If an antibiotic is prescribed, it is to be taken until finished. The local anesthetic should wear off within 4 hours following surgery. It is important to take your pain medication prior to discomfort. It is also important to eat prior to taking pain medication and to drink plenty of fluids. Not eating can cause nausea and vomiting.

General Instructions for After Surgery:

1. For the next 24 hours make sure to ice the area! Sleep with your head elevated on two pillows. Avoid excessive talking.
2. For the next 72 hours do not drink alcohol, carbonated beverages or hot liquids, do not drink through a straw, do not blow your nose and avoid spitting.
3. For the first week avoid strenuous exercise, bending over with your head down or heavy lifting.
4. Do not touch the sutures or let anyone else touch them or lift your lip to see the area. If sutures become loose, leave them alone as this is normal. If sutures become painful, call our office and we would be happy to see you.
5. Do not touch the area, do not brush or floss the area until your post-op appointment when further cleansing instructions will take place. If a rinse or gel is prescribed use as directed to cleanse the area. You may brush the non-affected teeth normally.
6. Following surgery, it is common for discomfort to subside on day two and increase discomfort on day three. This may continue for several more days. Please continue to take the prescribed pain medications as needed.
7. If you are a smoker refrain from smoking for a minimum of 48 hours. Smoking diminishes the success of your surgery. Smokers do not heal as well as healthy non-smokers.

Additional Procedure-Specific Instructions:

1. If a gum graft was taken from your palate it is normal to experience bleeding. If this occurs, sit upright and apply constant firm pressure to the roof of your mouth using a damp gauze or damp black tea bag for 15 minutes. If excessive bleeding occurs that is not controlled, please call us.

2. *Surgical stent: You may have been given a protective plastic guard for the roof of your mouth. If so, wear for 48 hours, removing only to rinse if needed. After 48 hours, you may begin wearing during the day and take out at night. Surgical stents are only intended to be used for approximately 1 week. Allowing the donor site to “breathe” is beneficial after 48 hours.*
3. For sinus lifts/involvement, nose bleeding may occur and will stop in a few days. DO NOT blow your nose. If you have to sneeze do so with your mouth open.

Oral Hygiene Instructions:

Use the prescribed mouthwash or gel as directed. Do not brush or floss in the surgical area until your follow-up visit. At your follow-up appointment we will give you further instructions for home care.

Post-Surgical Nutrition/Dietary Information:

Nutrition:

Maintaining an adequate diet after surgery is essential. Much of your healing success will depend on your following our instructions. Cold foods are recommended. Avoid anything “hot or spicy”.

Unless otherwise instructed:

Day 1-3: liquid-like diet to allow healing. Anything put into a blender to drink is ideal. Do not drink through a straw.

Days 4-7: After treatment eat with a “mushy” consistency. See list below. The first month following treatment you should continue to make smart food choices. Softer foods are better. Nuts, seeds or anything sticky or sharp will damage the surgical site. Do not chew on the surgical area.

Mushy Diet Suggestions:

- Cream of wheat, oatmeal, Malt O Meal
- Mashed avocado
- Applesauce
- Mashed potatoes or baked potatoes
- Mashed banana or any mashed/blended fruit except berries with seeds
- Broth or creamed soup
- Mashed, steamed vegetables
- Cottage cheese, string cheese, and other soft cheeses
- Creamy peanut butter (not chunky)
- Eggs: any style
- Jell-O and pudding
- Ice cream and milk shakes
- Yogurt and smoothies (do not blend with berries containing seeds)
- Ensure and Slim Fast nutritional drinks

Do Not:

Chew gum, candy, cookies, chips, nuts, anything hard or crunchy.

LANAP Specific Instructions:

Oral Hygiene:

- First week: PerioSciences AO gel applied to gumline with Q-tip or clean fingertip. (NO brushing or flossing)
- Week 1 to 2: Brush your teeth **only**. Avoid touching the gums (Soft bristle toothbrush only)
- After 2-week hygiene visit: Electric toothbrushes can be used. Follow recommendations for TePe interdental brushes given to you by your hygienist. Begin flossing in c-shape.
- After 3 months: Oral irrigators (Waterpik) can be used.