INSTRUCTIONS AFTER PERIODONTAL AND DENTAL IMPLANT SURGERY

Discomfort: Some discomfort may be present when the anaesthetic wears off. If pain control medication has been prescribed, take it as directed. The amount of medication prescribed will be adequate in most cases; however, at times the prescription needs to be refilled. If you find this to be the case, please feel free to call and request additional pain medication. If mild pain persists, Tylenol or Advil is recommended.

Bleeding: A slight amount of post-surgery bleeding is normal. In case of excessive bleeding, take a gauze or tea bag and hold firmly over bleeding site for 20 minutes. If bleeding persists, notify Dr. Sun.

Swelling: In some cases, swelling is to be expected. If ice packs have been recommended to minimize swelling, apply them on the outside of the face for 15 minutes on and 15 minutes off for the first 6 hours. The ice packs should only be used the day of surgery, even though swelling will persist and may even increase for the first 24 to 26 hours. If swelling and/or discomfort remains after 36 hours, hot packs may be applied to the outside of the face. Also, holding warm water inside the mouth is often helpful.

Oral Hygiene: Do not be concerned if traces of blood in the saliva are noted for several hours after surgery. Rinsing the mouth interferes with the clotting of blood, so do not rinse the first evening. Sipping ice water will keep the bleeding stopped. Do not, however, use a straw, since the action of sucking may aggravate the bleeding. Beginning the day after surgery, a Chlorhexidine rinse (Peridex, Perioguard) should be used to rinse the mouth as instructed by Dr. Sun. If part of the mouth has not been involved in surgery, that portion may be cleaned, carefully avoiding the surgical site.

Eating and Care of the Dressing: Soft foods and liquids are desirable for the first week after surgery. The enclosed “Nutrition After Periodontal and Dental Implant Surgery” sheet contains specific recommendations. For the entire first week, please refrain from eating any hard foods such as nuts, raw apples, pretzels, carrots, etc. A dressing (or bandage) may have been placed over the surgical site, please do not disturb it. Do not drink hot beverages for a period of 6 hours after surgery. After the first day, do not be concerned if portions of the dressing break off. It is not unusual for some or all of the dressing to be gone by the time you return for your next appointment (7 – 10 days after surgery). In fact, after two to three days, it is sometimes more comfortable with the dressing off. On the other hand, if loss of the dressing should cause discomfort, please call Dr. Sun to have it replaced.

Antibiotics: If antibiotics are prescribed, take to completion.

Smoking: Try to refrain from or reduce smoking for the first two weeks after surgery.

Dental Emergencies or Complications: Please call our office at (705) 324-0050. After hours, weekends, or holidays, you can reach Dr. Sun at (416) 456-1399.
NUTRITION AFTER PERIODONTAL AND DENTAL IMPLANT SURGERY

For the Week Following Surgery: Good nutrition is always important. For the next week it is even more important for you to eat well-balanced meals. If you eat enough of the foods your body needs every day you will heal as expected and with less discomfort.

Not Hungry? You may not be interested in eating now. You may not be hungry for the next few days. This is not an unusual experience following surgery. If you do not feel hungry, be sure that your meals are good to look at as well as to eat. An attractive meal will stimulate your appetite more than a drab one.

How to Eat: You may find chewing slow, difficult and uncomfortable. It may be easier for you to eat small meals throughout the day rather than your usual 3 meals. As long as you eat the necessary amounts of food, it is not important when you eat during the day.

What to Eat: You should not eat or drink any foods, or liquids for at least 6 hours following surgery.

In the days following periodontal surgery, it is recommended that you eat soft foods, avoiding any hard food products. This does not mean that you can only eat soup and juice for the next week. There are many good nutritious foods that you can enjoy. The following are some suggested foods from the basic food groups that will be suitable for your temporary soft diet:

Milk group (2 or more servings/day)
Whole or skim milk
Buttermilk
Yogurt
Cottage Cheese

Meat Group (2 or more servings/day)
Ground, minced or pureed meat
Seafood, Tuna, Salmon, Shrimp
Eggs

Vegetables/Fruits (4 or more servings/day)
Stewed or pureed fruits and vegetables
Vegetable juices
Fruit juices
Soup

Bread/Cereal (4 or more servings/day)
Hot or cold cereals
Cream of Wheat
Bread, soft rolls