

7. SMOKING, CARBONATED BEVERAGES, ALCOHOLIC BEVERAGES AND THE USE OF A STRAW SHOULD BE AVOIDED UNTIL YOU RETURN FOR YOUR POST-OP VISIT.
8. Peridex/Chlorhexidine is a very effective antimicrobial mouth wash to be used as follows: Beginning the morning after treatment, rinse with ½ ounce (1 capful) for 30 seconds in the morning and in the evening. Do NOT eat or drink anything (including water) for at least 1 hour after using the Peridex. Continue to use until your post-op appointment. You can brush and floss the other areas of your mouth, just anywhere close to the surgical sites.
9. If we used a periodontal dressing, it protects the area and should not be disturbed. It will become hard within 2 hours. The dressing should come off on its own in 24 to 48 hours. If it does not, do not worry about it. Should the dressing become partially dislodged, please contact our office immediately. Please disregard this paragraph if you have no periodontal dressing.
10. On the day of surgery until your post-op visit, please restrict you diet to fluids and/or very soft foods. AVOID foods that are hard or crunchy, any foods/drinks with seeds or nuts that can work there way in the gums. Good nutrition is essential to proper healing. Multi-purpose vitamin supplements as well as liquids such as Boost, Ensure, Metracal, Carnation Instant Breakfast are suggested when balanced nutritional intake is difficult.
11. Remember, you just had surgery, so please REST for the remainder of the day.

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