

7. DO NOT RINSE your mouth the day of surgery! Sip on a NON-carbonated beverage that has plenty of ice in it for the remainder of the day of surgery. AFTER 24 HOURS, proceed with warm salt water soaks. Make this with a ¼ teaspoon of salt and ½ cup of luke warm water. NO heavy swishing. Use these warm salt water soaks 3 times a day until your post-op visit.
8. Swelling is not unusual following some procedures and usually disappears 3 to 7 days. It can usually be well controlled by the use of the ice pack following the instructions above. If swelling starts occurring 3 to 4 days after surgery, please contact us.
9. Until you return for your post-operative appointment, NO oral hygiene procedures (brushing, flossing, and WaterPik) should be performed in the area of surgery. You can brush the non-surgical areas of your mouth, but not anywhere near the surgical sites.
10. SMOKING, CARBONATED BEVERAGES, ALCOHOLIC BEVERAGES AND THE USE OF A STRAW SHOULD BE AVOIDED UNTIL YOU RETURN FOR YOUR POST-OP VISIT.
11. After 24 hours beginning using Peridex/Chlorhexidine. It is a very effective antimicrobial mouth wash to be used as follows: Use as follows: 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 not close to the surgical site(s).
12. 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.
13. On the day of surgery until your post-op visit, please restrict your 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 their way in the gums. Good nutrition is essential to proper healing. Multi-purpose vitamin supplements as well as liquids such as Boost, Ensure, Metracal, and Carnation Instant Breakfast are suggested when balanced nutritional intake is difficult.

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