

St Tammany Periodontics & Implants

Before surgical procedures with no sedation:

1. Be present 15 minutes before your scheduled sedation/surgery time.
2. Take any prescribed medications as indicated by your doctor, and be sure to eat a small meal prior to coming to your appointment.
3. If no sedation is being administered, you will be OK to drive yourself home. If you feel anxious about your appointment, it is beneficial to have a friend or family member come with you to your appointment.
4. These instructions are designed for your comfort and protection. A failure to follow any of these instructions may require us to cancel your appointment for that day. Should any other circumstance develop that would require the postponement of your surgery, such as an illness (cold or flu), please notify your dental/periodontal surgeon as early as possible.

Instructions following periodontal surgery:

1. When you arrive home, use a cold pack on your face next to the surgical area to help keep the swelling down. Wet wash cloths frozen in a Ziploc bag are beneficial. Keep the cold packs on for 10 minutes, and off for 10 minutes. Repeat this sequence for several hours. In some cases Dr. Sweidan is going to ask you NOT to use cold packs, this will depend on the type of procedure. Cold packs are only beneficial 24-48 hours after procedure.
2. Most patients will have some degree of swelling following a periodontal or implant surgery, and this will occur on days 2-3, and then will go down. If you feel the swelling is severe, and you feel that you have fever, please call your doctor. Warm packs are indicated 48 hours after the procedure to remove existing swelling.
3. You will have some discomfort in the area of the surgery. Please take any prescribed medications by your doctor as indicated. If you were given an antibiotic, please take this entire prescription until it is gone. If, however, you develop a reaction to the antibiotic, please Contact Dr. Sweidan immediately.
4. Do not attempt to brush or floss the area of the surgery. It is OK to brush and floss other areas of the mouth, but avoid the surgical area. It is beneficial to rinse several times throughout the day with warm salt water (starting the following day). Avoid over the counter mouth-rinse. Only use warm salt water, or any prescription mouth rinse Dr. Sweidan may prescribe.
5. Avoid smoking and alcoholic beverages for the first week. Both of these items interfere with healing and can cause additional postoperative problems.
6. Please limit your physical activities following surgery. Do not doing anything strenuous for the first 3 days post-operative. You can begin to exercise lightly after the 3rd day. Try to take it easy and get plenty of rest on these days.
7. If you have sutures in place, and you feel that one is loose, do not attempt to remove these on your own.
8. If you have a dressing in place, please try to avoid touching this area and dislodging this. If this dressing falls out prior to your postoperative appointment, simply throw this away.
9. It is common to have some slight oozing of blood mixed in your saliva for 24-48 hours following surgery. Wet gauze or damp tea-bags held with pressure on the surgical site will usually control any bleeding. If you do see excessive bleeding or heavier amounts of bright red blood, please call the office.

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10. Drink plenty of cool fluids in the first few days, such as water or fruit juice, but try to avoid sucking through a straw for the first 24-48 hours. Try to eat softer foods for the first week, and try to eat away from the surgical site. Avoid spicier foods, and tougher foods that require a lot of chewing. If you feel that you are not getting enough nutrients, it is helpful to supplement your diet with a nutritional drink such as Ensure. Some suggestions are listed on the next page for food to eat during this post-operative time.
11. If you feel like anything is out of the ordinary, or have any questions, please call the office – we are here to help.

Instructions For Diet Following Periodontal Surgery

It is most important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. The foods listed below are planned to provide the body with adequate vitamins and minerals. Avoid foods containing tomatoes, onions, peppers, or spices of any kind.

Suggested breakfast foods (blend if needed)

Apple juice, orange juice, milk, tea, or coffee. Stewed fruits, prunes or similar fruits should be well mashed or sieved. Cooked cereals such as oatmeal or cream of wheat. Eggs: soft boiled, soft scrambled, poached, or soft fried. Bread should be softened with gravy or vegetable juice. Milk toast. Donuts softened in milk or coffee. Liquid supplements as above.

Suggested lunch and dinner foods

Home cooked broth, bouillon, soups. Ground beef. Baked or broiled fish (or fried fish with crust removed). Broiled or stewed foods finely chopped. Chicken noodle soup, cheese and macaroni, eggs as above, breads as above. Milkshakes and ice cream. Baked or whipped potatoes. Asparagus, peas, carrots, lima beans, string beans (all mashed). Cottage cheese, cream cheese, cheese soufflé, canned pears, baked apples. Cooked vegetables and meat juices, puddings (home prepared), Jell-O, custards, stewed fruits, pound cake.

REMEMBER: You may eat any soft foods that are not irritating. You may chew if it is not too uncomfortable to do so. If you are experiencing difficulty in eating properly, the use of one of the commercially available dietary supplements (such as Instant Breakfast, Ensure, etc.) may be used, and the daily intake of a multi-vitamin is recommended.