

## POST OP INSTRUCTIONS

### Tissue Changes

Do not be alarmed if you notice any of the following:

- Light bleeding
- Slight swelling that increases on third day after surgery
- Some soreness, tenderness, or tooth sensitivity
- Medicinal taste from mouth rinse.

**Color change** of the gum and oral tissues are part of the normal sequence of healing. Tissues can be gray, yellow, red, blue, purple, “stringy”, and reflect a normal healing response. The clot around the treated teeth is red to purple in color and will normally turn white/yellowish/grey as time passes. The color change is part of the normal healing process.

**Swelling** may possibly occur. You may place ice on the outside of your face for 20 minutes each hour for only the first 24 hours. Do not use an ice pack after 24 hours. Some oozing of blood may occur. You may place pressure on these areas with a wet black tea bag. If you feel you are having excessive bleeding, please call the office. Do not be alarmed if your teeth become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate. This is a sign of healing but may also indicate the presence of a bite imbalance that needs to be adjusted.

### Brushing & Rinsing

- Do **Not** brush or floss your surgery sites until you are directed to do so.
- Do **Not** use power oral cleaning aids like Waterpik, Hydrofloss, Sonicare, Braun OralB, Quip or battery-operated Spin brush, etc. anywhere in your mouth for 8 weeks after surgery. Using these power tools can strip the graft away from the surgery site failing your outcomes.
- First 48 hours use Stella Life rinse and gently roll your head right to left to rinse mouth avoid vigorous swishing for 48 hours. Do not chew on the side of the mouth that had the surgery.
- After 48 hours: Rinse with Stella Life rinse and follow directions on Stella Life box.
- After 48 hours: Use only the red PO brush dry without toothpaste and floss the teeth in areas of your mouth that we DID NOT do surgery. Try to keep your mouth as clean as possible to help the healing process.

### **Recommendations**

- Do not do any physical activity that could increase heart rate for the first 48 hours.
- Do not apply excessive tongue or cheek pressure to the surgical area. • It is very important to maintain a good food and fluid intake.
- Wear orthodontic retainers, bite guards, or sleep appliance as directed the night of your surgery they will act as a mouth splint and improve our surgery results. Do not wear tooth replacement flippers these damage tissue and can compromise final outcomes.
- If medications have been prescribed, take exactly as directed. If you have any questions or concerns, please call us at (509) 927-3272

### **What to Eat Following Surgery**

- For the first 48 hours following surgery eat a liquid like diet to allow healing. Anything that can be put into a blender drink is ideal. Do **NOT** eat foods with small seeds unless liquified in a blender.
- After 48 hours eat a mushy food diet until your in-office post-surgery recovery exam.
- Avoid nuts, seeds, crusty bread, croutons, raw vegetables, or raw salad spicy or excessively hot foods.
- Do not drink through a straw or sports bottles with straws as any sucking motion can cause bleeding and disrupt healing, until directed to do so by Drs. Nygaard or Poovey.
- Limit sugar intake. Do NOT eat candy, cookies or chew chewing gum.
- Do not chew on the surgery areas for 6 weeks.
- The following are some examples of nutritious foods that require little chewing: scrambled eggs, pasta, soup, ice cream, apple sauce, bananas, ground meat, chicken or tuna salad, protein drinks.
- Food supplements such as Ensure and Carnation Instant Breakfast are recommended.
- Warm drinks after 24 hours are okay, i.e. coffee, tea, soups.

**If you have an after-hours emergency, please call 509-927-3272, listen to the after-hours message and then press 88 for Dr. Nygaard, or 77 for Dr. Poovey. Clearly leave your full name, date of birth, and call back phone number including area code and your call will be returned promptly.**