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INSTRUCTIONS FOR DIET FOLLOWING PERIODONTAL & DENTAL IMPLANT SURGERY

It is most important to maintain a nutritious diet at all times particularly during the healing period. 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 adequate vitamins and minerals. Foods containing tomatoes, onions, pepper, or spices of any kind may be irritating and should be avoided. Fruit juices may cause a burning sensation unless taken through a straw.

BREAKFAST

Milk, hot chocolate, tea, coffee.
Fruit juices, stewed fruits, prunes or similar fruits should be well mashed.
Cooked cereals, such as: Oatmeal, Wheatena, and Cream of Wheat.
Eggs-soft boiled, scrambled, poached, or soft fried. Bread-whole wheat preferred.

LUNCH AND DINNER

Broth, Bouillon, soups and stews.
Ground beef, soft broiled.
Baked or broiled fish.
Broiled or stewed chicken (finely chopped).
Potatoes (baked, boiled, or whipped). Asparagus, peas, carrots, lima beans, string beans.
Noodles, cheese and macaroni.
Cottage cheese, cream cheese, canned, cooked or stewed fruits.
Fresh vegetables, juices, cooked vegetables.
Milkshakes, ice cream, puddings, jell-o and custards.

A blender may be used to liquefy foods. You must eat at least three balanced meals daily.

REMEMBER: You may eat any soft foods that do not irritate. You may chew if it is not uncomfortable to do so. You may lose part of the dressing around the teeth as your ability to chew improves but this can be replaced easily.

If there are any questions, please call the office.

IMPORTANT: A hungry person becomes irritable and nervous. It has been scientifically proven that a patient in this state is more susceptible to pain. The importance of a good diet cannot be overly stressed, especially following surgery.

Take a multivitamin that contains Vitamins C, E, and Zinc, **twice a day.**

EAT WELL AND YOU WILL FEEL WELL

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POST OPERATIVE INSTRUCTIONS

Following surgery, you will notice slight discomfort when the anesthesia wears off. **BEFORE YOU FIRST NOTICE DISCOMFORT**, take the medications that were prescribed for you. It can be repeated as often as every 3 to 4 hours, if necessary. Do not wait for severe pain before taking this medication. It should keep you comfortable, but if discomfort is not relieved by this medication, call immediately. **Check** the instructions on the bottle carefully to see which medications should be taken with **meals**.

The antibiotic medication should be taken as directed on the bottle. It is important to take all of it. Do not stop taking this medication unless it does not agree with you in any way. If this occurs, call your dentists immediately.

If a dressing material has been placed around the teeth, it ideally should not be disturbed. If the dressing should chip, loosen or fall off, you may call the office to see if it needs to be replaced.

Refrain from drinking anything hot for several hours to allow the dressing to harden. After this period of time, you should stay on the soft food diet suggested by the office with care to avoid the areas where the dressing is present.

An ice pack should be used to help minimize the amount of swelling which might take place. Use the ice pack on the outside of the face continuously, while awake, for the first day. Hold it on 10 minutes, off 5 minutes, on 10 minutes, etc. Ice water also may be held inside the mouth. If there is swelling after the first 24 hours, switch to moist hot compresses.

It is important that you continue to perform your plaque control in all other areas while the dressing is in place. Avoid contact with the dressing. Please keep your mouth as clean as possible. Brush your teeth avoid sutures.

You may experience a slight feeling of weakness or chills during the first twenty-four hours. This should not be cause for alarm. If symptoms persist after this period of time, please call the office.

You may see occasional blood stains in your saliva for the first 4 to 5 hours. This is normal. After that time if the saliva remains bloody, GOOD PRESSURE should be applied to the area. Folding a wet **tea bag** or a sponge on the cheek side of the dressing can do this procedure. Then apply pressure by using your thumb and forefinger to hold the sponges against the dressing. **DO NOT RINSE** to try and stop bleeding. If bleeding continues, call the dentist immediately.

If you have a periodontal maintenance schedule while you are still wearing the dressing, you may keep this appointment we will work around the dressing and surgical site. It is best to keep your maintenance schedule!

DO NOT TAKE ASPIRIN. DO NOT DRINK ALCOHOL. DO NOT TAKE PAIN MEDICATION ON AN EMPTY STOMACH.

If you develop a rash, itching, or hives, discontinue all medications and call the office immediately.

During the first 12 to 36 hours both pain relievers can be taken together for maximum relief. After this period the mild one can be taken alone or with one-half to on tablet of the stronger medication.

If any other problems arise, please do not hesitate to call the office. If the office is closed, leave a message with the answering service, or call Dr. Borguet's cell phone at (610) 348-5910.