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POST-OPERATIVE INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

CARE OF THE MOUTH

Avoid hot foods, coffee and hot soup for 24 hours. Heat stimulates blood flow and prevents the dressing from getting hard. Do not eat anything for at least two hours. After 2 hours, you may eat anything SOFT and COOL. (See diet instructions below).

Continue normal plaque control technique in all areas of your mouth except those areas covered with the dressing. You may very lightly brush the dressing and the exposed part of the teeth. Chew your food only on the side of your mouth without dressing.

Do try to eat, as this will make you feel better. DO NOT take any medications on an empty stomach.

FOR COMFORT

Some swelling, oozing of blood and discomfort is to be expected. A prescription for pain medication has been provided and should be used AS DIRECTED before the numbness wears off.

Use PERIOGARD to bathe the surgical areas every 12 hours.

DRESSING

The dressing will be removed 7 to 10 days after surgery, and depending on the speed of healing, may or may not be reapplied.

Do not worry if small chips or pieces of the dressing come off.

DIET

Eat proteins: EAT REGULARLY three times a day and you will heal faster and feel better. Use carbohydrates sparingly (cake, pie, etc.)

Eat any soft food desired: canned meats, tuna, salmon, eggs, soups, bouillon, cottage cheese, canned fruits, custard, Jell-O, hamburger patties, meatloaf, broiled fish, etc. are excellent.

If you are not able to eat well-balanced meals due to soreness, a nutritional supplement (Ensure or Sustecal) should be added to your diet.

Use any liquids desired, but limit alcoholic beverages as they will irritate the gum tissues and slow the healing. Citrus fruit juices may cause a stinging sensation.

IF YOU HAVE ANY QUESTIONS PLEASE DO NOT HESITATE TO CONTACT US

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