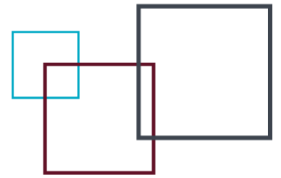


## **Surgically Facilitated Orthodontic Treatment (SFOT) Post-Operative Instructions**

1. **DISCOMFORT AND MEDICATIONS:** SFOT, like other surgical procedures, may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics have been prescribed, it is usually best to take the first dose while the surgical site is still anesthetized (“numb”). If antibiotics are prescribed, please be sure to take them as directed and as written on the label. If discomfort and swelling continue and increase past the 6<sup>th</sup> day, please call the office, as these may be the initial signs of infection.
  - Take 600mg Ibuprofen with 500mg Tylenol in 6 hours.
  - or**
  - Take 600mg Ibuprofen with 1 tab Tylenol 3 in 6 hours.
    - Tylenol 3 is a medication that is a combination of Tylenol (Acetaminophen) and Codeine. If you cannot take codeine or abstain from taking narcotic medications for any reason, please do not take Tylenol 3. Regular 500mg Tylenol is an acceptable substitution
    - If taking narcotics:
      - Take with food
      - Do not drive or consume alcohol
2. **BLEEDING:** There will be minor oozing and/or bleeding for up to 72 hours (3 days), which is normal. If at any time you notice the formation of large blood clots or an obvious flow of blood which is more than a slight ooze, notify your doctor or the office.
3. **SUTURES:** Sutures (“stitches”) are placed to hold the gingival tissues in the proper position for ideal healing. If sutures (“stitches”) were placed, your doctor will usually want you to return so that they can be fully removed once sufficient healing has occurred. Do not disturb the sutures with your tongue, toothbrush, or in any other manner since displacement will impair healing.
4. **ORAL HYGIENE/INVISALIGN TRAYS:** Please leave Invisalign trays in place for the first 24 hours and even when eating. Please continue using the StellaLife kit, with the instructions on the box. All 3 products should be used 3 times per day (especially after meals) until they are gone. Once you feel comfortable removing the trays from your mouth (after 24 hours or the 1st day post-surgery), you may begin to use the soft surgical toothbrush given to you. Please be sure to brush all teeth gently.
5. **DIET:** For your comfort and to protect the surgical area, a softer diet is recommended. On the day of the surgery, avoid eating or drinking any hot food. Cold, soft foods or room temperature are better. FILL A CUP WITH ICE AND WATER, TAKE SIPS OF THE COLD WATER THROUGHOUT THE DAY AND HOLD IN YOUR MOUTH, THEN SPIT OR SWALLOW THE WATER. Avoid chewing in the area of surgery. Avoid hard, fibrous, or “sharp” foods (such as corn chips, nuts, toasted bread) as these may be uncomfortable and can dislodge the periodontal dressing or sutures. Drink plenty of liquids. It is important to maintain a diet with a normal calorie level that is high in protein, minerals and vitamins to support post-operative healing. Eat as normal a diet as possible. POST SURGICALLY IS NOT THE TIME TO START A DIET, since this can have detrimental effects on healing and lessen the chances of success of the surgical therapy.



6. **TIME OFF/PHYSICAL ACTIVITY:** Avoid strenuous physical activity during your immediate recovery period, usually 1 week and sometimes up to 2 weeks. This includes having to go to work since your face will be swollen and bruised post-operatively.
7. **SWELLING:** After the procedure, you will experience swelling and tenderness. **You should plan to rest at home for up to a week.** An ice pack may be used to minimize swelling. Place the ice pack in contact with skin, 20 minutes on, 5 minutes off, for the first 24 hours after surgery. You may also want to keep your head elevated above the level of your heart during the first 24 hours after surgery. This may necessitate the use of several pillows to support your head and upper body while sleeping (please feel free to place a towel over pillows to protect them from any blood oozing). If swelling occurs, it usually increases up to 2-3 days after surgery and will decrease thereafter. If you notice any unusual or large swelling after day 5, please contact our office.
8. **SMOKING:** All smoking should be stopped until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Healing results are significantly worse in smokers than in non-smokers.
9. **ALCOHOL:** All intake of alcohol should be stopped until 2 days after you have finished taking all medications related to this procedure. The combination of alcohol and certain medications is not recommended.
10. **DO NOT'S:** For the next several days, DO NOT SPIT, SMOKE, RINSE HARD, DRINK THROUGH A STRAW, CREATE A "SUCKING" ACTION IN THE MOUTH. Although you may be tempted, DO NOT PULL YOUR LIP TO LOOK AT THE SURGICAL SITE.

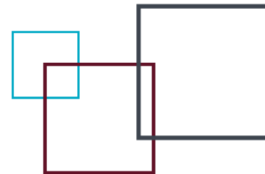
### CONTACT INFORMATION

If you have questions during business hours, call the office at 202-393-6154.

For urgent concerns after hours—such as excessive bleeding, persistent pain, fever, or medication reactions—contact:

Dr. Raha Yousefi at 301-537-3995  
Dr. Lucy Johnson at 585-280-0054

**FOR MEDICAL EMERGENCY CALL 911**



## *Dietary Guidelines*

### **First 1–3 Days After Surgery:**

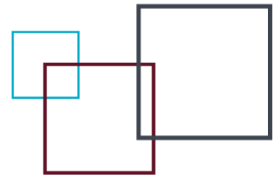
<p><b>✓ What You CAN Eat:</b></p> <p>Stick to <u>soft, cool, and non-irritating</u> foods:</p> <ul style="list-style-type: none"> <li>• Ice cream or sorbet (no nuts or chewy mix-ins)</li> <li>• Smoothies (no seeds or chunks)</li> <li>• Applesauce</li> <li>• Mashed potatoes</li> <li>• Scrambled eggs</li> <li>• Yogurt (plain or without fruit chunks)</li> <li>• Protein shakes</li> <li>• Broths and blended soups (lukewarm or cold)</li> </ul> <p>Tip: If you can, use the opposite side of your mouth when eating. Use a spoon instead of a straw to avoid suction pressure.</p>	<p><b>⊘ What to AVOID:</b></p> <ul style="list-style-type: none"> <li>• Hot or spicy foods and drinks</li> <li>• Crunchy snacks (chips, pretzels, popcorn)</li> <li>• Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds)</li> <li>• Sticky foods (caramels, gummy candy, chewing gum)</li> <li>• Alcohol</li> <li>• Drinking through a straw</li> <li>• Acidic foods and drinks (like citrus, tomato sauce, vinegar)</li> </ul>
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### **4-7 Days After Surgery:**

<p><b>✓ What You CAN Eat:</b></p> <p>You may begin to slowly incorporate more variety while keeping food soft:</p> <ul style="list-style-type: none"> <li>• Soft pasta</li> <li>• Cooked, soft vegetables (squash, zucchini, potatoes)</li> <li>• Soft fruits (bananas, canned fruits, avocado)</li> <li>• Tender cooked meats (shredded chicken, ground turkey, ground beef)</li> <li>• Soft fish (white fish or salmon)</li> <li>• Pancakes</li> <li>• Cottage cheese or soft cheeses</li> <li>• Soft bread (no crusty edges) and muffins</li> </ul>	<p><b>⊘ What to AVOID:</b></p> <ul style="list-style-type: none"> <li>• Tough meats or chewy foods (steak, jerky, bagels)</li> <li>• Raw vegetables or tough fruits (carrots, celery, apples, carrots)</li> <li>• Crunchy foods (nuts, granola, toast)</li> <li>• Sharp or pointy foods (tortilla chips, crackers)</li> <li>• Acidic, spicy, or heavily seasoned dishes</li> <li>• Drinking through a straw</li> </ul>
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### **1-4 Weeks After Surgery:**

<p><b>✓ Recommended Foods:</b></p> <p>As healing progresses, you can slowly return to a more normal diet, while continuing to be cautious and still avoiding anything too hard or sharp:</p> <ul style="list-style-type: none"> <li>• Most cooked vegetables and fruits</li> <li>• Soft grains and pasta</li> <li>• Lean meats and poultry</li> <li>• Eggs, tofu, beans</li> <li>• Soft sandwiches (no crusty bread)</li> <li>• Soft snacks like muffins or banana bread</li> </ul>	<p><b>⊘ Avoid These Foods Until Fully Healed:</b></p> <ul style="list-style-type: none"> <li>• Hard, crunchy snacks (chips, raw nuts, pretzels)</li> <li>• Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds)</li> <li>• Hard crusts or chewy breads</li> <li>• Tough cuts of meat or chewy protein bars</li> <li>• Popcorn and seeds</li> <li>• Sticky candies or gum</li> </ul>
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**✓ Recommended Soft Foods:**

**Protein-rich options:**

- Scrambled or soft-boiled eggs
- Greek yogurt (plain or low-sugar)
- Cottage cheese
- Soft tofu
- Smooth nut butters (like almond or peanut butter—without chunks)
- Protein shakes or smoothies (no straws—use a spoon or drink from a cup)

**Fruits & vegetables (cooked, blended, or mashed):**

- Mashed bananas or avocado
- Applesauce (unsweetened preferred)
- Mashed potatoes or sweet potatoes
- Cooked carrots, squash, or zucchini (soft and well-cooked)
- Vegetable purees or soups (lukewarm)

**Grains & starches:**

- Oatmeal or cream of wheat
- Well-cooked pasta (small shapes or mashed)
- Soft white rice or congee
- Pancakes or soft bread (no crusts, avoid toasted or seedy varieties)

**Other:**

- Broths and blended soups (lukewarm, not hot)
- Gelatin (Jell-O)
- Pudding or custard
- Ice cream or sorbet (not too cold or with chunks)

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**⊘ No:**

- Straws
- Alcohol
- Smoking
- Chewing on the surgical side

**⚠ Avoid:**

- Anything crunchy, sticky, or hard (e.g., chips, nuts, popcorn, crusty bread)
- Seeds or small grains (chia, quinoa, sesame seeds, poppy seeds, rice)
- Foods that are hot in temperature
- Acidic, spicy, or highly seasoned dishes