

Periodontal Surgery Post-Operative Instructions

Proper care after your periodontal surgery is essential for a smooth recovery and optimal healing. Please follow the instructions below carefully.

1. DISCOMFORT & MEDICATIONS

- Some discomfort is normal after surgery and varies based on the procedure and individual response.
- Begin your first dose of pain medication before the numbness wears off.
- If discomfort or swelling increases after day 4, contact the office, as this could indicate infection.

Pain medication options:

- Take 600mg Ibuprofen with 500mg Tylenol every 6 hours
OR
- Take 600mg Ibuprofen with 1 tablet of Tylenol #3 every 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 (option 1).
 - If taking narcotics:
 - Take with food.
 - Do not drive or consume alcohol.

2. BLEEDING

- Slight bleeding or oozing for 1–2 days is normal.
- If you notice large blood clots or a steady flow of blood (beyond minor oozing), contact your doctor or the office immediately.

3. SUTURES

- Sutures (stitches) help stabilize the tissue for proper healing.
- Your doctor will inform you if and when they need to be removed.
- Do not disturb sutures with your tongue, toothbrush, or fingers.

4. DRESSING

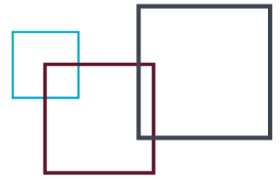
- A periodontal dressing may be applied over the surgical site for protection.
- If small pieces fall off and there is no discomfort, this is not a concern.
- Avoid disturbing the dressing.

5. ORAL HYGIENE

- Continue to brush and floss only the teeth not involved in the surgery or covered by dressing.
- The surgical site should not be brushed or flossed during the first week.
- If prescribed chlorhexidine rinse, start using it the evening after surgery:
 - Rinse gently, holding the solution in your mouth for 1 minute, then spit.
 - Use twice daily (morning and night) for 1 week.
- If using StellaLife, follow the instructions on the package.

6. DIET

- Eat a soft diet for comfort and to protect the surgical area.
- On the day of surgery, avoid hot food and drinks. Choose cold or room-temperature soft foods.
- Throughout the day, sip cold water, hold it in your mouth, and then spit or swallow.
- Avoid chewing near the surgical site.
- Do not eat hard, crunchy, fibrous, or sharp foods (e.g., chips, nuts, toasted bread).
- Drink plenty of fluids and maintain normal caloric intake, especially with foods high in protein, vitamins, and minerals to support healing.
- Do not start a weight-loss diet during recovery—it can impair healing.



7. PHYSICAL ACTIVITY

- Avoid strenuous physical activity for 2–3 days, or up to 1 week if advised.
- Overexertion can increase bleeding, discomfort, and delay healing.

8. SWELLING

- Mild swelling is normal and usually starts the day after surgery.
- Apply an ice pack (20 minutes on / 5 minutes off) to your face over the area for the first 12 hours.
- Keep your head elevated above heart level for the first 24 hours (use extra pillows when lying down).
- Swelling typically peaks around day 2–3, then gradually decreases.
- After 48 hours, you may apply moist heat to help reduce swelling.
- If swelling worsens after day 4, contact our office.

9. SMOKING

- Stop all smoking until your sutures are removed.
- Smoking significantly delays healing, increases the risk of infection, and can reduce the success of your treatment.

10. ALCOHOL

- Avoid all alcohol until 2 days after finishing your prescribed medications.
- Alcohol may interfere with medication effectiveness and healing.

11. DO NOT

For several days after surgery, **DO NOT**:

- Spit forcefully
- Smoke
- Rinse vigorously
- Drink through a straw
- Create suction in the mouth
- Pull your lips or cheeks to look at the surgical site

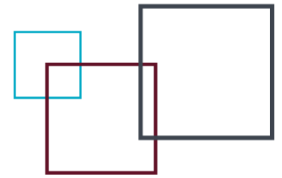
CONTACT INFORMATION

If you have questions during business hours, call the office.

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

- Dr. Raha Yousefi: (301) 537-3995
- Dr. Lucy Johnson: (585) 280-0054

FOR MEDICAL EMERGENCY CALL 911



DIETARY GUIDELINES

What You CAN Eat:

1–3 Days After Surgery

Stick to soft, cool, and non-irritating foods.

- Ice cream and sorbet (no nuts or chewy mix-ins)
- Smoothies (no seeds or chunks)
- Applesauce
- Mashed potatoes
- Scrambled eggs
- Yogurt (plain or smooth, no granola or fruit chunks)
- Oatmeal
- Protein shakes
- Broths and blended soups (lukewarm or cold)
- Pudding and custards
- Gelatin (Jell-O)

Tip: If you can, use the opposite side of your mouth when eating. Use a spoon instead of a straw to avoid suction pressure.

4-7 Days After Surgery

You may begin to slowly incorporate more variety, but keep the foods soft.

- Soft pasta, such as mac and cheese or buttered noodles
- Cooked, soft vegetables (steamed carrots, zucchini, squash, sweet potatoes)
- Soft fruits (bananas, canned fruits, avocado)
- Tender cooked meats (ground turkey/beef/chicken, shredded chicken)
- Tofu
- Beans and lentils
- Soft fish (white fish and salmon)
- Pancakes and soft waffles
- Cottage cheese and soft cheeses

1-4 Weeks After Surgery

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.

- Most cooked vegetables and fruits
- Soft grains, pasta, and rice
- Lean meats and poultry
- Soft sandwiches (no crust or toasted bread)
 - Turkey, egg salad, tuna
- Muffins or banana bread
- Soft tortillas

What to AVOID Until Fully Healed:

Crunchy, Sharp, or Pointy Foods

- Chips (potato, tortilla, pita)
- Pretzels
- Popcorn
- Crackers
- Granola
- Nuts (almonds, peanuts, walnuts)

Foods with Seeds or Small Grains

- Chia, sesame, poppy seeds
- Quinoa
- Seeded breads
- Berries with small seeds (strawberries, raspberries)

Sticky Foods

- Caramels and Taffy
- Gummy candy
- Fruit snacks

Tough & Chewy Foods

- Steak
- Beef jerky
- Bagels
- Chewy protein bars
- Dried fruit (raisins, mango, apricots)

Hard or Crusty Breads

- Baguettes
- Bagels
- Toasted bread

Raw, Hard, or Fibrous Foods

- Raw vegetables (carrots, celery, broccoli)
- Hard fruits (apples, pears)

Spicy Foods

- Hot sauce
- Chili
- Spicy curries

Acidic Foods & Drinks

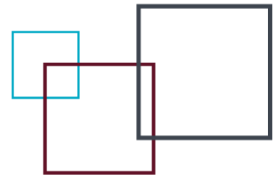
- Citrus (oranges, lemons, limes, grapefruit)
- Tomato-based sauces
- Vinegar and vinaigrettes

Hot Foods & Drinks

- Hot coffee or tea
- Hot Soups

Habits to Avoid

- Drinking through a straw
- Chewing on the surgical side



✔ 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)

⊘ 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