

**PERIODONTAL AND IMPLANT SURGEONS OF HOUSTON**

*Diplomate of the American Board of Periodontology*

**Prosthodontics, Periodontics, and Dental Implants**

2600 S. Gessner, Suite 304, Houston, TX 77063

Phone (713) 785-4867 Fax (713) 785-1191

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**POSTOPERATIVE INSTRUCTIONS  
PERIODONTAL SURGERY**

Try to take it easy for the next 12 hours or so. Be good to yourself. YOU DESERVE IT!!

**Swelling**

Ice pack, 20 minutes on, 10 minutes off (for the first day only,) place on the area(s) of the face corresponding to surgical site(s), will help to control swelling. After the first day, if you experience any swelling apply heat.

**Fever**

You may experience slight fever or chills. Don't be alarmed unless it persists for more than 24 hours. Please give me a call if it persists for more than 24 hours or if it rises above 101 degrees.

**Bleeding**

Some slight bleeding or oozing from the surgical site is normal. However, if continuous bleeding occurs, moisten regular tea bags (do not use herbal tea) and place one on the cheek side and one on the tongue side of the surgical site. Apply continuous, firm pressure on the areas for 10 minutes without removing them to check it. If that does not work and the bleeding persists then please give me a call at once, day or night.

**Medications**

Pain medication, an anti-microbial mouth rinse, and sometimes antibiotics will be prescribed. Please take the medication as directed.

**Oral Hygiene**

In the area of the surgery, brush the chewing surfaces of your teeth gently as often as you normally would, and rinse your mouth with water every meal. In the areas without surgical treatment, clean as you normally would. Your doctor may prescribe an oral rinse such as Peridex. Please follow the rinsing instructions carefully. Remember that wounds heal better when they are kept as clean as possible.

**What Can You Eat?**

Start out with liquid or very soft food for the first day or two, gradually progressing to harder foods after that. **DO NOT DRINK LIQUIDS THROUGH A STRAW.** This introduces air into the socket and can cause very painful results. Some suggestions for the first day:

Ice Cream	Yogurt	Jello	Carnation Instant Breakfast
Fruit Juices	Egg Salad	Popsicles	Pudding
Soups	Malts	Ice Tea	Milkshakes
Canned Fruits (peaches, pears, etc.)			

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**Foods To Avoid**

POPCORN, NUTS, CHIPS, TACO SHELLS, SEEDS, any other hard small food that could work its way under the gum, thus they should be avoided. Also, avoid highly seasoned foods, tart fruit juices, or alcoholic beverages may cause some discomfort temporarily.

**Some Suggestions For Firmer Foods**

Warm cereals like oatmeal and cream of wheat

Eggs

Meat loaf

Noodle casseroles

Spaghetti and meat sauce

Macaroni and cheese

Soups and stews

Vegetables such as soft beans, English peas, potatoes, squash, carrots, cream corn

These are only suggestions. Remember, your body needs the nutrients, which act as the building blocks to heal the wound created by the surgical procedure. So, if you don't feel like eating a big meal, you might consider eating several small meals.

**Your Next Appointment!**

Your next appointment will be in 5-7 days to remove sutures (if they are not the dissolvable type) and to check your healing. THIS IS AN IMPORTANT APPOINTMENT!

**For Patients Who Have Dressing**

If a dressing was placed it should remain in place for at least a few days. However, if it comes out, don't worry about it unless you are uncomfortable. Don't hesitate to call me if you are uncomfortable without the dressing.

**Problems**

Please call the office at

(713) 785-4867 or (713) 785-9599

If you have an emergency situation after hours, please call:

**Dr. Pedro Trejo** (281) 389-1309

**Dr. Karen Marino** (713) 623-3153

**Dr. Michelle Michael** (281) 901-0597

**Dr. Ruben Saucedo** (205) 739-1990