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Periodontics & Dental Implants

INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. You have undergone a surgical procedure. A mild degree of swelling and/or discomfort is to be expected. To reduce swelling and pain, **APPLY ICE** to the outside of the face for twenty minutes at a time, two or three times today and tomorrow.
2. **AVOID ALL HOT FOODS AND HOT LIQUIDS** for the rest of today. Resume regular temperature tomorrow.
3. **AVOID DRINKING THROUGH A STRAW**, as this may disrupt the blood clot, (if you are a smoker, please bear in mind that smoking may cause pain and slow healing following surgery).
4. **AVOID CHEWING** in the area where the surgery was performed for one week. Eat soft foods high in protein and vitamin C; for example: fish, milk, ice cream, tuna salad, pasta, cottage cheese, fruit juice and yogurt.
5. **AVOID CARDIO** exercise or heavy lifting for 2-3 days.
6. The surgical area may have been covered with a dressing, which acts as a bandage for your comfort. This will be removed at your next visit, if it falls off prior, there is no need for concern. If the dressing falls off, you may notice a whitish patch on the surface of your gums. This is normal. Sutures are absorbable and will continue to dissolve over the next 7-10 days.
7. The occurrence of blood stains in the saliva for the rest of today is normal. Please avoid spitting and rinsing your mouth vigorously, this will cause bleeding. If bleeding is persistent and heavy, apply pressure with dampened gauze or paper towel on the area for 20 minutes. If the bleeding does not stop please call our office.
8. Do not brush or floss the treated area for one week. We will prescribe an antibacterial mouth rinse. This will keep the surgical area clean for one week. **DO NOT "SWISH"** the rinse around. Instead hold it in your mouth for 30-40 seconds then gently spit out. Do this twice per day (morning and night), or more often if you would like. Peridex may temporarily discolor your teeth, similar to tea or coffee stain. It is **NOT** permanent. It can be removed at your next cleaning.
9. We recommend that you take 400 to 600mg. of **IBUPROFEN** (generic, Advil or Nuprin are all fine) every 4 to 6 hours, or Naproxen (Aleve) every 8 to 10 hours, for the rest of today **EVEN IF THERE IS NO PAIN**. It is much easier to manage pain if you stay ahead of it than to wait until it becomes uncomfortable and then try to control it. If you cannot take ibuprofen or naproxen, substitute two or three acetaminophen (Tylenol) tablets, although these are less effective.
10. If you have any questions or problems, please do not hesitate to call us at the office. After hours you may reach Dr. Ramdev at (603) 781-3885. If you feel this is an emergency and cannot reach us, please go to your closest Emergency Room.

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RECOMMENDED DIETARY OPTIONS

Dairy:

When eating from this category, avoid hard cheese and dairy products that contain hard fruits or nuts.

Things you may eat:

Cheese Sauces, melted cheese, cottage cheese, ricotta cheese, milk drinks, milkshake, soft ice cream, ice milk (without fruits or nuts), yogurt (plain or with soft fruits).

Fruits:

In this category, you should avoid dried fruits, such as apricots or dates; apples, raspberries, blackberries, as well as stringy fruits like mango or pineapple.

Things you may eat:

Applesauce, ripe banana, melon cubes.

Vegetables:

Avoid crunchy, raw vegetables such as carrots and celery sticks.

DO eat soft well-cooked vegetables without seeds or skins must be blended. Tomato puree or juice is fine.

Proteins:

In this category, avoid tough or stringy meats, beef jerky, corned beef, crunchy peanut butter, fried chicken or fish, as well as overcooked and dry meats.

Things you can eat:

Eggs (any kind), Ground chicken or beef (moistened with gravy), smooth or creamy peanut butter, Tofu, soups (***avoid*** soups that have tough, large pieces of meat in them), broth, bouillon, cream soup with soft vegetables, pureed or blended soup, soft fish.

Starches:

In this category you should ***avoid*** dried fruits, nuts or seeds, bran cereals, crunchy bagels, corn chips and potato chips, French bread, popcorn, granola and rye crackers.

Things you may eat:

Cooked cereal, rice or barley, well cooked macaroni, pasta or noodles, mashed potatoes without skins, pancakes, crackers softened in soup or drink, soft bread or soft tortilla.

Sweets:

When eating from this category, ***avoid*** items that contain seed, nuts or coconut.

Things you may eat:

Frozen juice pop, Jell-O dessert (with or without canned fruit), popsicles, frozen yogurt, custard, pudding.

***** PLEASE BE AWARE THAT YOUR COOPERATION IN EATING THE ***
SOFT FOOD DIET WILL HELP PROMOTE PROPER HEALING.**

****** ABSOLUTELY NO DRINKING FROM A STRAW ******