

**Advanced Cosmetic & Implant Dentistry**  
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## Diet & Oral Hygiene After Surgery

### Medications

Ideally you should begin taking your pain medication BEFORE numbness wears off. If a pain reliever was called in to the pharmacy prior to your appointment, you may take it at our office if you have a driver. Otherwise, we can give you a non-narcotic pain reliever and you can take your prescription when you get home.

If an antibiotic was prescribed, take it as directed until it is All GONE.

Medications can make some patients nauseous, especially if taken without food. Taking medications with bland, unseasoned, non-acidic, easy to digest foods will lessen this side effect. Avoid alcohol & caffeine in combination with prescriptions. If you have a history of feeling nauseous from a painkiller, antibiotics, or easily get an upset stomach, please let us know and we can optionally prescribe an **anti-nausea prescription**.

#### Alcohol/Aspirin:

- Do not consume alcohol while on pain medication.
- Avoid alcohol and aspirin for 2 days after surgery. These are blood thinners and may cause bleeding, delaying the healing process.

### Diet

**We recommend that you do not eat until the anesthetic wears off.** If you need to eat immediately following the surgical procedure, a cool liquid diet (apple juice, smoothies, water) is recommended until the numbness wears off. The cold liquids will allow proper clotting to take place and reduce some amount of discomfort. Do not use a straw; optimally keep liquids away from the surgical area, or at most allow the cold liquids to gently pass by the surgical area. Drink plenty of liquids.

The **length of time you experience numbness varies**, depending on location and the type of anesthetic you've received. Usually the total numbing duration from your last dental injection is 1-2 hours for the upper arch, and 2-5 hours on the lower arch. While your mouth is numb, you'll want to be careful not to bite your cheek, lip or tongue.

**After the numbness wears off, you may have something to eat**, either warm or cold. Start with mushy foods: soup, yogurt, scrambled eggs, mashed potatoes, fruit smoothies or nutritious power shakes for example.

You should stay on a softer diet for the rest of the week. A soft food diet is **soft (mushy), easy to digest foods that do not require much chewing** i.e. anything you can cut with a fork such as: ground meat dishes, soup, smoothies, pasta, eggs, fish, yogurt, pudding, apple sauce, casseroles, cooked vegetables, finely sliced deli meats, macaroni, etc. As a rule of thumb, if it hurts, don't eat it.

**Fluids:** Fluids should be consumed as soon as possible. It is recommended that you drink 6 – 8 glasses of water during the day following surgery.

**Avoid extremes** for 2-3 days: Greasy, very hot, very cold, spicy, acidic foods. Avoid Alcohol & Caffeine. Do not eat hard crunchy foods such as popcorn, seeds, nuts or chips for the first month after surgery. Maintain a balanced diet.

**Avoid chewing in an area of the surgical procedure for 2-3 weeks.** Avoid chewing on a newly placed implant for 4-6 months. You can eat on teeth in areas away from the surgical sites.

### Oral Hygiene

#### Unpleasant Odor And Bad Taste

In social situations, patients should be especially aware that surgical areas and dental temporaries create an unpleasant odor (bad breath) and bad taste. Do not use Listerine or any other over the counter mouth rinses or mouthwashes. Brushing your tongue will help to lesson halitosis (bad breath).

**Don't brush surgical area for 2 weeks.** You can, however, carefully brush the chewing surfaces of your teeth near the surgical areas, but do not touch the gums.

You may begin to **brush the non-surgical areas the day following surgery**.

**Discontinue use** of any types of toothpicks, proxy brushes, WaterPik, water flosser, string floss, and electric toothbrushes in the surgical areas for 6-8 weeks

#### Gentle Brushing Technique (after 2-weeks)

After avoiding the surgical area for 2 weeks, you can begin brushing the surgical area but you must use a gentle brushing technique for another 2 weeks. Using the soft bristle gum brush you received from our office, gently move the toothbrush from the gum to the tooth with a light sweeping motion. If you did not receive a soft bristle gum brush from our office please call and ask for one.

An **incorrect flossing technique can damage gum tissues** and cause gum and bone recession. Please make sure you follow the Oral hygiene instructions given at our office.

### Recommended Rinsing

#### Rinsing Vs. Healing

After a surgical procedure, a blood clot forms in the tooth socket or at gum tissue margins. This fragile, mucousy clot is an important part of the normal healing process and should not be disturbed. Patients should **refrain from: spitting, vigorously rinsing**, using a straw, and smoking for at least the first 24-48 hours. **These activities create suction in the mouth, which could dislodge the clot, cause an infection, or delay healing.**

#### Proper Rinsing Technique (VERY IMPORTANT!)

With your lips sealed and the prescribed rinse in your mouth, use a head tip motion to allow gravity to move the liquid around your mouth. Tip your head in the forward direction that will allow the liquid to move across the surgical areas. Then, gently shake your head from left to right as if making a "No gesture." Avoid any mouth pressure or whooshing liquid because the turbulent movement of the liquid causes friction. Do not expand and/or contract your cheek muscles, as this will disturb fragile blood clots.

- ✓ **Warm Salt Water Rinse**  
The day after the surgical procedure and for 2 weeks, gently rinse your mouth with warm salt water (half a teaspoon of salt in an 8 oz. glass of warm water). Rinsing after meals is important to keep food particles out of the extraction site, but remember not to rinse your mouth vigorously.
- ✓ **Prescription Rinse.**  
Please use **Perioguard** (Chlorhexidine) rinse the next day and for the rest of the week. Again, do not use Listerine or any other non-prescribed rinses!!!

#### Our philosophy

Our office remains dedicated to providing optimal care for every patient and working with you to achieve that goal. We pride ourselves on helping you in any way and in continuing to provide the quality of care to which you have become accustomed.