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PRE-SURGICAL INSTRUCTIONS

1. Prior to surgery time, a small meal of non-fat foods should be eaten.
2. All routine medications should be taken as prescribed unless specified by your doctor or dentist.
3. Take your pre-medication (antibiotic and Motrin) with a small glass of water one (1) hour prior to surgery time. Be sure to continue medication after surgery as needed and prescribed. Please finish entire prescription of antibiotics.
4. Please abstain from alcoholic beverages 24 hours prior to surgery, and while taking pain medication.
5. Please rinse thoroughly with Peridex for one full minute one (1) hour prior to surgery.
6. Due to the amount of time-consuming preparation required for surgery, 72 hours notice will be required to change appointments! Notices less than 72 hours will result in a charge for the time involved.

INSTRUCTIONS FOR DIET FOLLOWING PERIODONTAL SURGERY

It is most important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. The foods listed below are planned to provide the adequate vitamins and minerals. **FOOD CONTAINING TOMATOES, ONIONS, PEPPERS, OR SPICES OF ANY KIND WILL BE IRRITATING AND SHOULD BE AVOIDED.** Fruit juices may cause a burning sensation unless taken through a straw. However, don't use a straw the first 24 hours.

BREAKFAST

Milk, hot chocolate, ovaltine, tea, coffee, instant breakfast, or protein drinks. Fresh juice taken through a straw, stewed fruits, prunes or similar fruits should be well mashed. Cooked cereals, oatmeal, Cream of Wheat, grits with butter, milk toast.

LUNCH AND DINNER

Home cooked broth, bouillon, and soups. Ground beef- soft broiled and broken into small pieces mixed with whipped potatoes.

Baked or stewed fish (or fried fish with crust removed).
Broiled or stewed chicken (finely chopped) or fricassee.

Oyster stew, chicken noodles or dumplings, eggs as above.
Potatoes- baked, boiled or whipped; asparagus, English peas, carrots, lima beans, string beans (all mashed).

Cottage cheese, cream cheese, cheese soufflé, canned pears, baked apples, fresh vegetable juices (may be obtained at health food stores), cooked meat and vegetable juices, puddings, Jell-O or

custards. Bread should be softened with vegetable juice or milk. A blender may be used to liquefy foods.

Ensure, Carnation Slender, Sego, or a protein drink 3 OR 4 TIMES DAILY, either added to meals or as in-between-meals snack will aide in faster healing. Also cottage cheese or yogurt is good for added nutrition. If vitamins have been prescribed, take as directed. Taking vitamins B, C and E complex is a good idea during the healing phase.

REMEMBER: You may eat any soft foods that do not irritate the surgical site. You may chew if it is not too uncomfortable to do so. You will probably loose parts of the dressing around the teeth as your ability to chew improves, but this should not bother you.

IMPORTANT: A hungry person becomes irritable and nervous. It has been scientifically proven that a patient in this state is more susceptible to pain. The importance of a good diet cannot be over stressed, especially following surgery.

The antibiotics prescribed for you tend to alter the good bacteria in your gastro-intestinal tract. Eating yogurt with active cultures during the post surgical weeks will help restore balance and help make you feel better.

EAT WELL AND YOU WILL FEEL WELL.