

Ronald H. Watkins, D.D.S., M.S.D.

Practice Limited to Periodontics and Implants

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INSTRUCTIONS PRIOR TO SURGERY APPOINTMENT

1. Dress comfortably and **please wear short sleeves.**
2. Women, do not wear make-up.
3. Do not wear contact lenses or jewelry.
4. Take your antibiotic as directed. One hour prior to surgery.
5. If you are on any type of medication, please take your normal dosage, unless otherwise instructed.
6. If taking aspirin or any medication containing **aspirin, fish oil or ibuprofen, discontinue 5 days prior to surgery.**
7. Prescription for medication to control the discomfort will be given on day of surgery.

INSTRUCTIONS FOLLOWING SURGERY

1. No alcoholic drinks or tobacco after surgery. Limit smoking as much as possible as it slows the healing process. **Do not mix pain medication or antibiotic with alcohol.**
2. Lie down in a reclining position and **rest when you get home.** Avoid exertion for the first 24 hours. To help control swelling, apply an ice bag wrapped in a towel to the areas treated. Also frozen vegetables (bags of corn or peas) are excellent, as they will conform to the facial and jaw contours. Apply this for 15 minutes and leave off for 15 minutes. Do this several times the first day.
3. **Do not rinse your mouth for the first 24 hours.** After this period, warm salt water (1/2 tsp in medium glass of warm water) may be used several times a day. **NO LISTERINE!!** If you are using a water pik, discontinue use. You may brush and floss the areas of your mouth that have not been operated after the first 24 hours. Gentle tooth brushing and flossing should be started in the surgery area(s) when instructed to do so.
4. If a removable appliance was placed in the surgery site, do not remove it for the first 24 hours. **After the first 24 hours you may remove, clean and rinse it.** Continue to wear appliance thereafter; removing to clean it and the surrounding teeth as needed, staying away from the surgery site until otherwise instructed.

5. Have something cool & soft on the day of surgery only, such as a milk shake, ice cream, Jell-O, etc. Try and maintain a high protein diet, which is essential for normal healing. Nutrament, Ensure, SlimFast or any protein drink are good liquid diets. **Avoid using a straw for 48 hours, avoid carbonated beverages, and DO NOT chew in the surgery area.**
6. Some oozing of blood can be expected the first 24 hours. You may want to cover your pillow with a towel. If the bleeding seems excessive, apply a moistened tea bag (non-herbal) to the area and hold with pressure for 15-20 minutes. Repeat if necessary.
7. If the medication prescribed to control the discomfort results in an upset stomach or nausea, this may be minimized by taking the pill with milk and/or a small bite to eat.
8. You may experience more discomfort on day 4 or 5 this is normal. Continue with all prescribed medications, including pain medication.
9. If you should experience severe pain, bleeding, skin rash or nausea; contact the office at (602) 840-4100 or after office hours Dr. Watkins may be reached at (602) 840-9267.
10. Some patients may experience slight constipation due to medication and/or lack of exercise and diet. In this case, canned fruits, such as peaches, apricots, and/or cooked prunes should be added to your diet.

RECOMMENDED FOODS FOR AFTER SURGERY

DAIRY GROUP

Milk
Milk shakes
Ice cream
Pudding
Cottage cheese
Yogurt

MEAT GROUP

Ground meat
Baked fish
Tuna fish
Eggs
Legumes
Peanut butter

BREAD & CEREALS

Oatmeal
Grits
Rice
White bread
Cream of wheat
Malt-o-meal

VEGETABLES & FRUITS

Well cooked vegetables
Mashed sweet potatoes
Orange juice
Canned fruit
Applesauce
Fruit juices

SOUPS

Pea soup
Potato soup
Bean soup
Creamed soups
Vegetable soup
Clam chowder