

Helpful Hints and Meal Planning after Dental Surgery

Following Dental Surgery, the last thing you want to worry about is complications. Here are a few more “Helpful Hints” that should make this post-operative time easier for you. **Please follow the written and verbal instructions given to you for your specific recovery and call our office with any questions you may have.**

Bleeding, Pain & Swelling

Immediately after Surgery

Please do not disturb the wound. That means avoid rinsing (unless instructed), spitting and touch the wound

A small amount of bleeding, pain and swelling is perfectly normal.

Bleeding: Keep steady pressure over the site using gauze. Pressure reduces bleeding and permits the formation of a clot. Keep pressure for 1-2 hours changing the gauze every 20-30 minutes. A moistened Tea bag over the site may also stop the bleeding. If you are on a blood thinner please follow the instructions from our office or your medical physician for re-starting your blood thinner.

Limit oral activity by avoiding eating and talking during the first few hours after surgery.

When you lay down be sure to evaluate your head to a 45 degree angle and place an old towel on your pillow. You may drool with a little blood.

Swelling: Swelling can be minimized by applying Ice packs. You may be given Ice packs that are re-useable, or you can make your own. A heavy Zip-Lock bag with crushed ice works well as do Frozen peas. The frozen peas can be re-frozen and used multiple times. If you use frozen peas make sure to place them in a zip-lock bag so they don't leak as they thaw. Remember to use a soft cloth to avoid skin irritation and apply the icepack 20 minutes on and 20 minutes off. Use cold for the first 24 hours, if swelling continues after 24 hours use alternating cold and warm compresses.

Warm a cloth with warm water and hold on area, you can also warm in microwave for 7-10 seconds but make sure to test the cloth before placing on your face.

Pain: To minimize discomfort, take your Over the Counter or prescribed medication before anesthesia wears off or as directed by our office.

For moderate pain, Take over the counter Tylenol (325mg) or Ibuprofen(200mg). Two to Three tablets may be taken every four hours.

For severe pain, take your prescribed pain medication as directed.

If you were prescribed Antibiotics, Take as directed until they are gone.

Oral Hygiene

Please follow any specific instructions you were given. **DO NOT RINSE** for 24 hours after surgery or longer if directed. If you were given a specific rinse, please use as directed. If you were told to use Warm saltwater rinse mix 1 tablespoon of salt to about 4 ounces of warm water. You can use the saltwater rinse up to 5 times a day including using it after meals. Do not rinse vigorously for the first 3 days. Swish lightly side to side and let the rinse fall out of your mouth for the first 3 days.

When told you can use a wet gauze to lightly wipe the surrounding teeth then start brushing the surgical area with your toothbrush lightly after 1 week or as directed by our office.

You can also brush your tongue lightly with your toothbrush after the first day to keep down bacteria growth.

Tobacco Use

NOOOOOOOO!!!!!!!!!!!!!! No Smoking or use or any Tobacco products. This could be a great time to quit! Ask us if you need any assistance with quitting.

Activity

Keep physical activity to a minimum for the first few days. Rest up and Heal. After 48 hours or when told by our office you can resume a light exercise routine. Wait until day 5 to resume vigorous exercise including bending or jumping. If at any time you experience throbbing or bleeding, discontinue exercise for a few more days.

Diet

Eating may seem like the last thing on your mind after dental surgery, but it is important to nourish your body. **Drink plenty of fluids**, however, avoid **hot liquids, Carbonated drinks, Alcoholic drinks or Highly Acidic Drinks.**

Protein Shakes are a good meal substitute the first few days after dental surgery. Just **NO STRAWS!**

Avoid hard or crunchy Foods such as Nuts, Chips, Popcorn, Seeds, Rice.....

No Spicy foods.

Try to maintain a proper diet. Here are some suggestions for soft nutritious foods.

Beverages

Water

Iced Tea (not hot)

Iced Coffee (not hot)

Milk

Milk or Protein Shakes (No Straws)

Nutritional Supplement Drinks (SlimFast, Carnation Instant Breakfast, Ensure)

Apple or Cranberry Juice or low acid fruit juices

Main Dishes

Cold/Lightly Warm Soups or Stews

Pasta (not small pastas like orzo)

Soft Eggs

Omelets

Quiche/Frittata

Pancakes

French Toast (no hard crunchy toast)

Hot Cereals (Oatmeal)

Fish or Salmon Filets

Snacks or Desserts

Jell-O

Apple Sauce

Puddings

Yogurt

Mousse

For your enjoyment we have included some of our Favorite Recipes that are **Soft Food Friendly**. We hope you enjoy them. Most can be made ahead so that you can just enjoy!

Banana-Mango Shake

South Florida is said to have a cuisine all its own. The diversity of its people also combines a wide variety of flavors that stimulate the palate and the imagination, earning them the title of "Floribbean." Some of the things that give SoFla its identity are its abundance of fresh, tropical fruit. Bananas are a natural source of potassium, which makes them popular with athletes and those with high blood pressure. But they also help replace electrolytes, the charges needed to power the body and maintain fluid balance. The enzymes inside mango, such as magneferin, catechol oxidase and lactase, clean the bowels and also help the body maintain resistance to fight germs. Aside from all of that, they taste great together. We strongly recommend making this shake fresh at home.

INGREDIENTS:

- 12 banana
- 1 cup mango, peeled, pitted and chopped
- 1/2 cup plain yogurt
- 1 cup of ice cubes
- non-acidic juice (e.g., apple) or milk as needed

DIRECTIONS:

Place all ingredients in a blender and puree until smooth. Add juice or milk gradually until shake is the desired consistency/thickness.

Frittata

This crustless version of the quiche is a sophisticated treat. Plus, eggs are a great source of protein and easy to chew after dental surgery.

INGREDIENTS:

- 1 tbsp. olive oil
- 1 cup onion, diced
- 1 10-ounce package frozen spinach, thawed and squeezed dry . 1/2 cup cooked potato, diced
- 1 cup herbed goat cheese, crumbled
- 6 eggs, slightly beaten
- 1 tsp. salt
- 1 tsp. pepper

DIRECTIONS:

In a small frying pan over low heat, sauté the onion in olive oil until soft. Then, evenly distribute the sliced potato and goat cheese around the pan. Add eggs, seasoned with salt and pepper, to the frying pan, covering the cheese and vegetables. Cook on low-medium heat until most of the egg has set. Then flip the egg mixture over to finish cooking the other side. Best served with toast.

Quick and Easy Chicken Noodle Soup

Chicken soup has been used as a cure for the common cold as far back as ancient Egypt. Modern research shows that there is some scientific basis for the belief in the curative powers of chicken soup. They found that the particular blend of nutrients and vitamins in traditional chicken soup slow the activity of certain white blood cells. This may have an anti-inflammatory effect that could hypothetically lead to temporary ease from symptoms of illness. Chicken soup is a good food for ventilating the nasal passages and clearing the sinuses, serving as a natural decongestant. Therefore, it does indeed relieve cold and flu symptoms.

INGREDIENTS:

- 1 tbsp. butter
- 12 cup onion, chopped
- 1 cup celery, chopped
- 7 cups organic chicken broth
- 12 cups vegetable broth
- 12 lb. cooked chicken breast, chopped
- 14 cups whole wheat elbow macaroni
- 1 cup carrots, sliced
- 12 tsp. dried basil
- 1 tsp. dried oregano
- salt and pepper, to taste

DIRECTIONS:

In a large pot over medium heat, melt butter. Cook onion and celery in the butter until just tender, about five minutes. Add all remaining ingredients to the pot, bringing it to a boil before reducing the heat. Simmer 20 minutes before serving. Delicious!

Vegetable Soup

INGREDIENTS:

- 2 tsp. butter
- cup onion, chopped
- 2 medium carrots, peeled, sliced and halved
- 2 medium potatoes, peeled and chopped

- 1 cup green beans, cut into 1-inch pieces
- 4 cups chicken broth
- 1 tbsp. chopped fresh parsley
- 1 tsp. dried tarragon leaves . 14 tsp. ground black pepper

DIRECTIONS:

Add butter to a large saucepan and stir in onion and carrots, cooking on medium-high heat for five minutes or until tender. Add potatoes, green beans, broth and spices; mix well. Cook 10 minutes or until potatoes are tender, stirring frequently. You can serve this chunky, as is, or puree in a blender to serve it cold.

Taco Soup

INGREDIENTS:

- 2 lbs. lean ground beef
- 1 onion, chopped
- 1 cup diced green chili
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 can pinto beans, drained (15 ounce) . 1 can lima beans, drained (15 ounce)
- 1 pkg, taco seasoning mix (1.25 ounce)
- 14 cups water . 1 pkg. ranch dressing mix (1 ounce)
- 1 can white hominy, drained (15 ounce)
- 1 can stewed tomatoes (14.5 ounce)

- 1 can kidney beans, drained and rinsed (15 ounce)

DIRECTIONS:

In a large Dutch oven, brown the beef and chopped onion over medium heat. Drain off any fat. Add all the remaining ingredients to the beef and onion and bring to a boil. Reduce heat and simmer for 30 minutes. Top with shredded cheese and serve with chips.

Fish in Foil

What's fishy about wanting to enjoy good health? Rainbow trout is an excellent choice because it is lower in fat and calories than some foods from the meat group and also is a good source of many important nutrients. A 3-ounce serving of cooked rainbow trout contains 22 grams of protein and only 130 calories, 4 grams of fat, and very little sodium.

INGREDIENTS:

- 2 rainbow trout fillets
- 1 tbsp. olive oil
- 2 tsp garlic salt
- 1 tsp. ground black pepper
- 1 fresh jalapeno pepper, sliced
- 1 lemon, sliced

DIRECTIONS:

Preheat oven to 400°. Rinse fish and pat dry. Rub fillets with olive oil and season with garlic salt and black pepper. Place each fillet on a large sheet of aluminum foil. Top with jalapeno slices and squeeze the juice from the ends of the lemon over the fish. Arrange lemon slices on top of fillets.

Carefully seal all edges of the foil to form enclosed packets and place the packets on a baking sheet. Bake for 15-20 minutes, depending on the size of fish. Fish is done when it flakes easily with a fork.

Salmon Patties

To benefit from antioxidants and omega-3 fatty acids, salmon is an ideal source

INGREDIENTS:

- . 12 lb. salmon
- 1 red potato, peeled and chopped
- 1 shallot, minced
- 1 egg, beaten . 1/4 cup Italian seasoned breadcrumbs
- 1 tsp. Italian seasoning
- salt and pepper, to taste
- 1/2 cup cornflake crumbs
- 2 tbsp. olive oil

DIRECTIONS:

Preheat oven to 350° and lightly grease a small baking dish. Place the salmon in the prepared baking dish; cover and bake 20 minutes, or until easily flaked with a fork. While the fish is cooking, boil the potato in a small saucepan and cook until tender, 10-15 minutes. Once cooked, drain and mash the potato. Next, combine the salmon, potato, shallot, egg, and breadcrumbs in a bowl, and add the Italian seasoning, salt, and pepper. In a separate bowl nearby, place the cornflake crumbs. Then, using the salmon mixture, create 1-inch balls of salmon. Roll the balls in the cornflakes to coat, and press into patties. Heat the olive oil in a medium

saucepan, and fry the patties over medium heat, three to five minutes a side, or until golden brown. Delicious!

Chicken Fettuccini Alfredo

INGREDIENTS:

- 6 boneless, skinless chicken breasts, cubed
- 1 tbsp. Italian seasoning
- 6 tbsp. butter
- 4 cloves garlic, minced
- 1 lb. fettuccini . 1 onion, diced
- 1 pkg. sliced mushrooms (8 ounce)
- 1 cup all-purpose flour
- 1 tbsp. salt
- 3/4 tsp. white pepper
- 3 cups milk
- 1 cup half and half
- 3/4 cup Parmesan cheese, grated
- 2 cups Monterey Jack cheese, shredded . 3 plum tomatoes, diced
- 1 cup sour cream

DIRECTIONS:

In a large skillet over medium heat, combine chicken, Italian seasoning, and two tablespoons each of butter and garlic. Fully cook the chicken and remove from the skillet and set aside (chicken should no longer be pink inside). Next, bring a large pot of lightly salted water to a boil; add pasta

and cook 10 minutes or until al dente and drain. Meanwhile, melt four tablespoons of butter in the skillet; saute onion, remaining garlic, and mushrooms, cooking until onions are transparent. Stir in flour, salt, and pepper, cooking for two minutes. Slowly add milk and cream, stirring until smooth and creamy. Then, gradually add both cheeses and stir until melted. Finally, add chicken, tomatoes and sour cream. Serve over cooked fettuccini.