

Instructions After Removal of Stitches

EATING

- You can start eating soft foods over the treatment area such as: oatmeal, scrambled eggs, soups, fish, shredded chicken, ground beef, rice, pasta, mashed potatoes, avocados, steamed vegetables, sliced fruit (e.g. mangos, pears, banana), room temperature yogurt, jello, pudding, etc, and continue so for the next 2 weeks.
- **AVOID** chewing hard, crunchy or sticky foods such as raw vegetables, nuts, popcorn, crackers, chips, or candy directly over the treatment area for the next **4 WEEKS**, to permit complete healing of the tissues.

BRUSHING AND FLOSSING

- Start brushing the treatment area with the provided **POST OPERATIVE** toothbrush. Use the **POST OPERATIVE** toothbrush for the next **4 WEEKS**, then discard it and resume brushing with your regular toothbrush.
- You can start flossing the treatment area; however, **DO NOT** floss under the gum tissue next to the treatment area, for the next 4 weeks.
- Some bleeding around the treatment area can occur during brushing and flossing, but this will go away within the next week.
- Sensitivity to cold water, around the treatment area, is normal at this time of healing. Use warm water when rinsing your mouth, and use the provided sensitivity relief toothpaste. Continue using a sensitivity relief toothpaste (e.g. *Colgate Sensitive[®]* or *Sensodyne[®]*) to help manage sensitivity.
- DENTAL IMPLANT PATIENTS ONLY: If you use an electric toothbrush, **TURN THE BRUSH OFF**, and manually brush round the implant(s).

FOLLOW-UP VISITS

- You will be scheduled for follow-up visits as required. It is important that you attend your scheduled follow-up visits, so that we can tailor your future care to your needs.

QUESTIONS

- If you have any questions regarding your healing and/or these instructions, please call our office at **403-727-5307**.