

CHAPTER 1

Easy Post-Operative Care

Following surgery, the last thing you want to worry about is a complication due to poor post-operative care. We find that post-operative plans work best when they are conveniently woven into a patient's life, in a way that helps you concentrate on healing.

This simple-to-navigate package of information gives you top advice, treatments and habits that will expedite your healing. And we bet you will find yourself referring to it even after your recovery.

Bleeding, Pain & Swelling *Immediately After Surgery*

First and foremost, after placement of dental implants, do not disturb the wound. That means avoiding any rinsing, spitting, or touching of the wound on the day of surgery. Your doctor may even advise you to avoid nose-blowing in some cases.

A small amount of bleeding, pain and swelling is perfectly normal. But, there are certain tricks to keep these post-op nuisances to a minimum.

Bleeding: Keep steady pressure over the surgical site following the procedure. Pressure helps reduce bleeding and permits the formation of a clot. Gently remove the compress after one hour. If bleeding persists, place another compress and again keep steady pressure on the area for one hour. A moistened tea bag applied to the site for 30 minutes may also help to stop bleeding. Blood or redness in the saliva is normal.

If bleeding continues, we recommend calling the office for further instructions.

It's a good idea to limit or reduce your oral activity as much as possible for several hours after surgery. Avoid any unnecessary eating, drinking and talking. These oral activities may hinder proper healing, especially in the first few hours.

Swelling: Any swelling can be minimized by applying an icepack, on the cheek or on the jaw directly, in the area of surgery. If an icepack is unavailable, simply fill a heavy plastic bag with crushed ice. Secure the end, and cover with a soft cloth to avoid skin irritation. Frozen bags of peas make wonderful icepacks and can be refrozen and used repeatedly.

Immediately following the procedure, it's advisable to apply the icepack over the affected area — 20 minutes on, and 20 minutes off — for two to four hours, to help prevent the development of excessive swelling and discomfort. Apply the ice as often as necessary, for the first 24 hours ONLY.

You may expect swelling for up to 10 days and possibly a fever of 99° to 100° F.

Pain: To minimize any discomfort from the pain, before the anesthesia wears off and feeling has returned to normal, begin taking medication as directed by your doctor.

For moderate pain, over-the-counter Tylenol or Ibuprofen comes in 200 mg tablets. Two to three tablets may be taken every three to four hours as needed to relieve the ache.

For severe pain, the prescribed medication should be taken as directed. Take the prescribed narcotic medication if you experience significant pain.

If anti-inflammatory medication was prescribed, begin taking the medication with food immediately after the procedure and continue as directed.

If you were not prescribed any anti-inflammatory medication and you don't have a known allergy to Aspirin or Ibuprofen (Motrin), you can take 600 mg of Ibuprofen (Motrin) every six hours to control mild to moderate pain. *Note: Do not take any of the above medications if you are allergic, or have been instructed by your doctor not to take it.*

Prescribed antibiotics to help prevent infection are usually started an hour or two prior to implant surgery, and continued for about a week afterward.

Cold, then warm: Remember, in terms of compresses and foods, administer cold items for the first 24 hours and then warm afterward.

Ongoing Oral Hygiene

Good oral hygiene is essential to good healing. This includes warm salt water rinses (a teaspoon of salt in a cup of warm water) at least four to five times a day. (Wait until 24 hours after surgery to start the rinses to minimize chance of disturbing the blood clot.) Repeat after every meal or snack for seven days. Rinsing is important because it removes food particles and debris and thus helps promote healing.

You can also brush your tongue with a dry toothbrush to keep bacteria growth down, but be careful not to touch the surgical site. Resume your regular tooth brushing after two days, but still avoid disturbing the surgical area.

Diet

Eating might seem like the last thing on your mind after dental surgery, but it's still important to nourish your body. Drink plenty of fluids. Avoid hot liquids or food. Soft, cool food and liquids should be consumed on the day of surgery, returning to a normal diet over the course of two weeks.

Maintain proper diet: Have your meals at the usual time. Eat soft, nutritious foods, and hydrate your mouth regularly with liquids, during meals and in between. However, always be careful not to disturb the blood clot. Add solid foods to your diet as per the schedule in the upcoming Menu section.

WARNING: for two weeks after surgery do not eat or drink:

- Spicy foods
- Acidic juices (orange, grapefruit, etc.)
- Chips
- Popcorn
- Carbonated drinks

Wearing Your Prosthesis

Partial or full dentures should not be used immediately after surgery, and for at least 10 days, unless allowed by your doctor.

Activity

It's wise to keep physical activities to a minimum immediately following surgery. Rest up and heal; otherwise you could be setting your recovery back by a few days. If you engage in vigorous exercise, throbbing or bleeding at the surgical site may occur. If this happens, you should discontinue exercising. Keep in mind that you are probably not taking in the normal amount of calories for normal exercise. This may weaken you and further limit your ability.

If you should have any problems such as excessive bleeding, pain, or difficulty in opening your mouth, call the office immediately for further instructions, assistance, or additional treatment.

Remember your follow-up visit: You will be scheduled to return for a post-operative visit to make certain healing is progressing satisfactorily. While you wait for that appointment, maintain a healthful diet, observe the basic rules for proper oral hygiene, and call the office if you have any questions or concerns.

Post-Op Care Recap

Here are the top 10 tips for care after surgery:

1. **Don't Touch!** Keep fingers and tongue away from surgical area.
2. **Cool It!** Use ice packs on surgical area (side of face) for the first 12 hours; apply ice 20 minutes on, 20 minutes off. Bags of frozen peas work quite well for this.
3. **Still Hurts?** For mild discomfort, take Tylenol or Ibuprofen every three to four hours.
4. **In Pain?** For severe pain, please use the prescription medication for pain given to you.
5. **Hydrate Yourself.** Drink plenty of fluids. Do not use a straw.
6. **Chew Gum.** If the muscles of the jaw become stiff, chewing gum at intervals will help relax the muscles. The use of warm, moist heat on the outside of your face beginning on the second day after surgery will further help with relaxation of the muscle.
7. **Eat Soft Foods.** Diet may consist of soft foods, which can be easily chewed and swallowed. Recommended foods and recipes are provided in the Menu section. No seeds, nuts, rice, or popcorn!
8. **Blood?** A certain amount of bleeding can be expected following surgery. Bleeding is controlled by applying pressure to the surgical area for 90 minutes. Then you may eat or drink. If bleeding persists, a moist tea bag should be held firmly on the area of bleeding for one hour straight.
9. **No Smoking, Please!** Do not smoke for at least five days after surgery.
10. **Drugs?** If you are on other medications, be sure to discuss this with your doctor or pharmacist to minimize adverse drug interactions. Do start taking a multi-vitamin daily, however, if you are not already doing so.

CHAPTER 2

The First 24 Hours

After surgery, some people find it difficult to eat or enjoy their food. This reluctance to sit down at meal times, plus an inability to consume normal, solid food, is especially true after dental surgery.

It's not difficult to see why: too much chewing, slurping or sucking can aggravate the treated area, resulting in discomfort and even pain. It also can potentially re-open the area, causing bleeding or infection that will delay healing or cause problems with the surgery if the area is disturbed too much. However, despite any fears or lack of appetite, it's vital that you continue to eat, as nutrients provide energy and facilitate your healing process on the road to recovery.

Many patients ask, "What types of food are best?" "What sort of meals should be avoided?" In general, the rule of thumb is: no spicy foods, chips, popcorn, acidic juices, or carbonated drinks. But we prefer to go a step further and provide a series of menu suggestions that are both inventive and nutritious for the body.

Thus, we've compiled a list of appropriate and delicious menus, suitable for each stage of your two-week recovery, beginning from the first 24 hours, to days 2 to 5, and finally days 5 to 14. Each section includes several drink recipes, main courses and a few sweet choices.

Before commencing with the recipes, there is also a quick reference list, which includes more general suggestions on what is good to eat during a specific period. Those noted with a "star" (*) indicate that the recipe will follow.

Whether you or a friend or family member will be donning the chef's hat, we hope you enjoy a comfortable and tasty dining experience. Bon appetit!

The day of your surgery and for the first 24 hours following, it's a good idea to give your teeth a bit of a break. For this reason, cold soups, smoothies, jello/puddings, and cold drinks should be your main dietary intake. And remember, refrain from using a straw, because the sucking action can cause excess strain, move the newly formed blood clot, and delay your ultimate recovery.

Suggestions for Day 1

BEVERAGES:

Banana-Mango Shake *

Blackberry-Orange Cooler *

Chocolate Banana Smoothie *

Coffee Granita *

Iced Tea

Milk

Milk Shake (no straws allowed)

Nutritional Supplement Drink (e.g., Slim•Fast, Carnation Instant Breakfast, Ensure)

Strawberry-Blueberry Smoothie *

Water

MAINS:

Cold Pasta

French Ratatouille Soup *

Orange-Carrot Soup *

Gazpacho Soup *

Mango-Melon Soup *

Mashed Potatoes

Mexican Avocado Soup *

Apple and Potato Soup *

Tomato Soup *

Ukrainian Lenten Borscht *

DESSERTS:

Applesauce *

Cold Pudding

Jell-O Desserts

Lush Chocolate Mousse *

Yogurt or Kefir

BEVERAGES

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:

- ½ banana
- 1 cup mango, peeled, pitted and chopped
- ½ 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.

DIRECTIONS:

Place all ingredients in the blender and blend at high speed for one minute, or until blackberries are liquefied. Strain to eliminate all seeds. Pour into a large glass, and drink!

Chocolate Banana Smoothie

This recipe is for your inner child and your outer body. Flaxseed oil is full of omega-3, a natural antioxidant. It also helps prevent constipation, a common post-op complaint due to antibiotics and pain medication. Pamper yourself with the flavors you craved when you were a kid and the ingredients you need as an adult.

INGREDIENTS:

- 1 tsp. cocoa powder
- ½ ripe banana
- ½ cup plain yogurt
- 1 tsp. of sugar, or 1 packet sweetener
- ½ cup water
- 1-2 large ice cubes
- 1 tsp. flaxseed oil (if available)
- 1 scoop whey protein powder (optional)

DIRECTIONS:

Combine all ingredients in a blender and blend at high speed for 30 seconds. Add 1 or 2 large ice cubes and blend for another 30 seconds, or until smooth. Enjoy.

Gazpacho Soup

Gazpacho soup is the original “V8.” All good comfort food is usually derived from “poor people food,” and gazpacho soup is no different, being the food that farm workers enjoyed in Andalusia, Spain. Gazpacho is a sultry mix of everyday garden vegetables, and, if you’ve never had a cold soup before, this rich burst of flavors will make you a convert. Although there are many regional and modern versions of this soup, it’s traditionally made with ripe tomatoes, bell peppers, cucumbers, and garlic. But the main reason we’ve included it here is because all the ingredients reduce inflammation and tissue damage, prevent disease and cell damage, and relieve stress!

INGREDIENTS:

- 4 cups tomato juice
- 1 onion, minced
- 1 green bell pepper, minced
- 1 cucumber, chopped
- 2 cups chopped tomatoes
- 2 green onions, chopped
- 1 clove garlic, minced
- 3 tbsp. fresh lemon juice
- 2 tbsp. red wine vinegar
- 1 tsp. dried tarragon
- 1 tsp. dried basil
- ¼ cup chopped fresh parsley
- 1 tsp. white sugar
- salt and pepper, to taste

DIRECTIONS:

In a blender, combine all ingredients, except salt and pepper. Pulse until well-combined but still slightly chunky. Taste the soup, adding seasoning (salt and pepper) as needed. Chill at least two hours before serving.

Mexican Avocado Soup

For many years it's been thought that avocados were unhealthy because they contained lots of fat. Now we know those reports were only partially true: avocados are high in fat — “good fat” — the monounsaturated kind. Avocados actually will lower your cholesterol. In fact, they are extremely nutritious and contribute nearly 20 vitamins, minerals and beneficial plant compounds to your diet. Always with your health in mind, try this delicious all-season treat with a south-of-the-border twist. Serve cold.

INGREDIENTS:

- 4 cups vegetable or chicken stock
- 1 cup heavy cream, or half and half
- 1 chili pepper, as hot as you dare (from banana to habanero)
- 1 garlic clove
- 2 avocados
- salt and white pepper
- 2 tbsp. cilantro, finely chopped, for garnish
- ¼ cup crisp, fried tortillas, for garnish

DIRECTIONS:

In a saucepan, heat the stock and cream, and keep the temperature steady at a simmer. Puree the chili pepper and garlic in a blender, then add the avocado. When ready to serve, gradually add the hot stock mixture and blend until smooth. Season to taste and either serve immediately with cilantro and chips on the side, or refrigerate to make a cold soup. Note that avocados turn bitter when heated, so be careful not to add liquid that is too hot.

Apple and Potato Soup

One of the common problems that people suffer after surgery is constipation. This delicious and unique soup will put some much-needed fiber back in your body to get it moving in the right direction, as well as some vitamin C.

INGREDIENTS:

- 4 tbsp. butter
- 2 leeks (white part), sliced
- 5 cups tart apples (e.g. Granny Smith), peeled, cored, and chopped
- 6 cups chicken stock
- 2 cups potatoes, peeled and chopped
- 1 cup heavy cream, or half and half
- 2 tsp. Calvados (or apple brandy)
- $\frac{1}{8}$ teaspoon cinnamon
- salt and white pepper, to taste
- 2 apples, peeled, cored, diced, for garnish
- 2 tbsp. butter, for garnish

DIRECTIONS:

In a large saucepan, melt the butter. Sauté the leeks over medium heat, covered, for three to four minutes. Toss in the apples and cook, uncovered, for about five minutes, coating them well with the butter. Pour in the stock, add the potatoes, and bring the mixture to a boil. Reduce heat and simmer for 45 minutes. When the apples and potatoes are soft, puree the mixture in a blender—solids first—until smooth. Return the puree to the saucepan, and slowly stir in the cream, Calvados and cinnamon. Season to taste. In a separate pan, sauté the diced apple in two tablespoons of butter until soft, for about 5 minutes. Remove from heat and drain on a paper towel until ready to serve. Refrigerate if you are going to serve cold (in which case you will want to over-season a bit). When ready to serve, top the soup with the diced apple garnish.

DESSERTS

Applesauce

The Bible takes much credit for the popularity of the apple, but sadly, hieroglyphics on the walls of the ancient tombs of Ramses II show that apples have been around even longer. Apples, and subsequently, applesauce, actually trace their ancestry to the days of prehistoric man. Stone tablets depict ancient residents of what is now Switzerland cooking apples. Later, ancient Greeks created recipes and elixirs that contained apples, as well as a simple applesauce. No need to fix what is not broken, so enjoy this ancient dish filled with bacteria-killing properties. Our version omits the use of sugar, so you can maximize the benefits.

INGREDIENTS:

- 3 sweet apples, peeled, cored and quartered
- zest of ½ lemon
- 1½ tsp. lemon juice
- ½ tsp. cinnamon
- ¼ cup of water

DIRECTIONS:

Combine all ingredients in a saucepan and bring to a boil. Reduce heat, cover and simmer for 15 minutes, or until apples are very soft. Mash with a fork, and season cinnamon if needed. Chill and enjoy!

Lush Chocolate Mousse

By now you should know that dark, unsweetened chocolate is great for lowering blood pressure. But did you also know that chocolate helps improve your mood? Indulge in this sumptuous dessert while you recover. You don't need to feel guilty anymore.

INGREDIENTS:

- 1½ cups of whipping cream
- 8 ounces of unsweetened dark chocolate, melted
- 2 tbsp. sugar
- ½ tsp. vanilla

DIRECTIONS:

In a saucepan, warm half of the whipping cream ($\frac{3}{4}$ cup) and remove from heat. Add sugar and vanilla to the melted chocolate, then combine chocolate mixture with the heated cream. In a separate bowl, whip remaining cream until it has soft peaks. At that point, slowly fold it into the chocolate mixture. Divide into small bowls or glasses and chill until set.