

DIETARY SUGGESTIONS FOLLOWING SURGERY

SOFT, COOL FOODS: Yogurt, ice cream, smoothies, cottage cheese and protein shakes. Do NOT use a straw.

WARM FOODS: Soups, tea, coffee. Nothing too hot.

AVOID: Seeds, nuts, chips, spicy and acidic foods.

MOST IMPORTANT “KEEP HYDRATED”: It is very important to drink your fluids and avoid any dehydration.

ACTIVITY RECOMMENDATIONS

DAY OF SURGERY: Get plenty of rest. No strenuous activity or exercise for the first 24 hours.

48HOURS AFTER SURGERY: Light aerobic activity or cardio is okay, just don't push it. A significant rise in blood pressure will contribute to more postoperative pain, and possibly some increased bleeding at the surgical site.

THIRD DAY AFTER SURGERY: Normal activity and exercise can be resumed.

EMERGENCY PROCEDURES: IF AFTER HOURS CALL:

Dr. Almaraz (775) 230-0217 cell phone
Dr. Syndergaard (775) 400-6701 cell phone
Dr. Bauerle (702) 577-5198 cell phone

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