

~Instructions Following Surgery~

Discomfort

After any surgical procedure a certain amount of discomfort is expected. By taking the prescribed medications as directed, your discomfort should be reduced.

Bleeding

Slight oozing is normal for the first day following surgery. To minimize post-operative bleeding you should avoid excessive rinsing for 24 hours, exercise, and eating hard or sharp foods that may further traumatize the wound. **If bleeding does occur, apply pressure to the area for twenty minutes with a piece of damp gauze or a black tea bag.** If bleeding is severe and does not stop, please contact Dr. Johnstone, or Dr. Raina. Their contact information is on the last page of this booklet.

Diet

Although your mouth may be sore it is very important to consume fluids the day of surgery. Example: Milkshakes, Ensure, orange juice, apple juice, milk, broth, and juice are recommended for the first 24 hours. Soft foods such as eggs, mashed potatoes, yogurt, jello and ice cream are recommended for 2-3 days following surgery. **Avoid foods with small particles** that can become trapped under the flap such as nuts, fruits with seeds, and chips. It is important to eat a full but modified diet as your body needs protein, vitamins, minerals and calories to heal and fight infection. 500mg of Vitamin C may also help healing. Avoid extremely hot and spicy foods. Avoid **alcohol** as it can interact with the medications you are taking.

Swelling

To minimize swelling, **apply an ice pack for 20 minutes on, 20 minutes off for the first 24 hours.** Sleep with an extra pillow below your head for the first night and take the anti-inflammatory medications as recommended. **Expect swelling to reach a maximum at 2-3 days following surgery.** Some bruising may occur and should not alarm you. You may also experience stiffness of the jaw, which can be relieved with gentle stretching on the second or third post-operative day.

Oral Hygiene

It is very important to keep your mouth as clean as possible to reduce the chance of infection. Brush your teeth at least twice a day, every day, following surgery. **Do not brush or floss the area of surgery** as you will traumatize the site unless we have given you a special post-operative brush. You can rinse with WARM SALT WATER (mix about a teaspoon of salt with ½ cup of warm water) twice a day for a minute. At your follow-up appointment, you will be advised when you can begin brushing the surgical area.

Rest

After surgery you should try to rest as much as possible for 1-2 days to allow your body to heal. **Avoid any strenuous activities**, as it will increase your heart rate and blood pressure, which can lead to increased swelling and bleeding. **You should avoid going to the gym for 72-hours after surgery**. We always recommend that you don't travel far after a procedure so that we can help you should you have an emergency for 10-14 days.

Smoking

Do not smoke for at least 72 hours to reduce post-operative pain and chance of infection. Healing is significantly compromised in smokers.

Sedation

If you received any sort of sedation for your appointment, do not drive or participate in any activities that will require you to be alert and of sound state of mind for 24 hours. Go directly home after you fill your prescriptions and rest.

Night Guard

If you normally wear a night guard while sleeping you **can continue use** after your surgical appointment.

Antibiotics

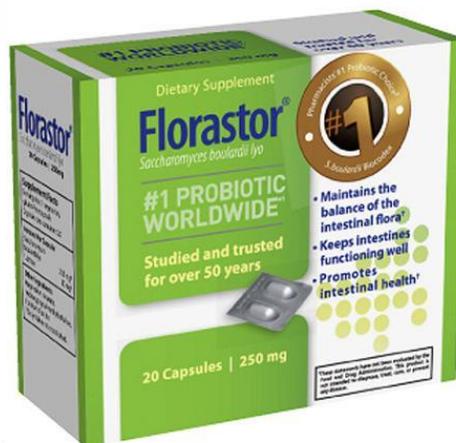
You may have been prescribed antibiotics as part of your treatment. Although antibiotics can be very beneficial in treating and preventing infections, they can have side effects as they are killing not only the “bad” bacteria in your body but also the “good” or beneficial bacterial flora in your gut. We recommend taking a probiotic supplement to help replenish some of the good bacteria and to STOP taking the antibiotics and contact us if you develop diarrhea.

Diarrhea

Antibiotic associated diarrhea (AAD) occurs in approximately 30% of patients who are prescribed antibiotics. The purpose of taking antibiotics is to prevent or eliminate a bacterial infection in the body. Unfortunately, antibiotics not only kill the bacterial infection, but will also damage the naturally occurring good bacterial flora within your gut, causing an imbalance, which may lead to diarrhea. The use of **Florastor** once daily during your course of antibiotics will significantly reduce the incidence of diarrhea.

A further complication of taking antibiotics is the development of *C. Diff*, a particularly difficult bacterial strain that damages the colon and in some cases, can result in hospitalization and death. Recent outbreaks of *C. Diff* in Calgary and Montreal have increased the need for proper prevention from AAD and proper treatment of *C. Diff* using probiotics.

***Lactobacillus rhamnosus GG* (Culturelle) is also likely be beneficial:** Since there’s no reason you can’t take more than one strain of probiotic, taking a cocktail of some Florastor and Culturelle may cover more bases than taking either one of them alone. Ask your pharmacist to assist you when you fill your prescriptions for the antibiotics.



Dosages

Probiotics do not affect antibiotics, but antibiotics can make probiotics less effective. It is suggested that you take your probiotic 2 hours before or after your antibiotic to avoid any drug interaction. Although probiotics are generally regarded as safe, you should speak to your doctor before adding any supplements to your diet. If you are eating fermented foods instead of taking supplements, make sure the foods are unpasteurized and contain live and active cultures. Pasteurization kills all bacteria -- bad and good.

After Antibiotics

Continuing to take probiotics after using antibiotics will help repopulate beneficial microbes in your digestive system. These microbes help you absorb the nutrients from your food and can strengthen your immune system. Although Florastor and Culturelle will help with the side effects of antibiotics, there are hundreds of different strains of beneficial bacteria. Taking a general supplement that includes a variety of probiotic microorganisms will restore your body's natural balance and ensure proper digestion while boosting your immune system, which can help prevent future illness.

If you have problems, please do not hesitate to contact Dr. Johnstone or Dr. Raina during office hours at 647-348-GUMS (4867).

**For after-hours emergencies,
Dr. Johnstone can be contacted on her cell phone at 416-567-6864
and
Dr. Raina can be contacted on her cell phone at 647-964-9222.**