

Pre & post-surgical information

Broadway Perio

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Pre-surgical information

Foods

We highly recommend a soft food diet for 1 to 2 weeks after your surgery (pasta, rice, chicken, eggs, yogurt, fish, etc). Please avoid seeds, crunchy or tough foods. Tea and coffee are acceptable as long as they're room temperature or iced, not hot. Please avoid straws for 2 weeks.

Exercise

Please avoid exercise for at least 1 week to avoid raising your heart rate (this includes hot yoga, cycling, swimming, weight lifting, running...) We want to prevent excessive bleeding and swelling. Walking is completely okay.

Premedication

Certain procedures require antibiotics or other medication starting prior and post surgery. Please let us know what the pharmacy of your preference is.

Travel/Events

Please avoid scheduling your surgery prior to an event or trip and avoid flying for 1 month if you are having a sinus bone graft.

Work

Please reduce speaking and strenuous work during the first week after surgery. We strongly recommend taking a few days off and we offer work absence doctor's notes at no extra charge to support your request.

Sedation

Our office provides oral sedation at no additional cost if you feel rather uneasy about surgery. Triazolam will reduce anxiety and some patients may fall asleep during the procedure. It will not "knock you out".

Pre-confirmed patients need to arrive an hour earlier as we will provide the medication in the room. A friend or family member must be available to take you home after the procedure (Ride-share apps or taxi rides are not acceptable).

Post-surgical information

Expectations

Normal events after your surgery may include swelling, bruising, bleeding in the saliva and discomfort. Swelling may peak around the 3rd day after surgery.

For gum grafts, the co-pak or "bandage" may dislodge after a couple days. Please discard it once it falls off and leave the area unbothered.

Pain control

You may take either up to 600mg of Advil/Ibuprofen OR up to 1000mg of Tylenol every 6 hours as needed. If you've been prescribed Tylenol 3, please take it every 6 hours as needed.

Antibiotics

If you've been prescribed antibiotics, take them as directed. You may experience diarrhea. If you develop a rash please inform the doctor immediately.

Ice

Ice may be placed on the surgical area only if directed to do so by your doctor.

Brushing

Please avoid brushing the area of surgery. The doctor will inform you once it is safe to return to normal oral hygiene during your post-op appointment (2 weeks after).

Rinse

You may be given an anti-bacterial mouth rinse. Please rinse with one capful, 2-3 times a day, and then spit out. Avoid thorough swishing. The doctor will tell you when to stop using the rinse.

Post op

You will be required to come back to our office after 2 weeks from your surgery to assess and remove sutures.