

Your Healing Pathway

A comprehensive guide to a comfortable, safe, and smooth recovery following your periodontal, gum grafting, or implant surgery.

NovaPerio



Essential steps to take before your procedure



Health Updates

Inform us immediately regarding:

- ✓ - Medication allergies
- ✓ - Need for pre-dental antibiotics
- ✓ - Use of blood thinners or bone medications
- ✓ - Pregnancy or new medical conditions



Pharmacy Readiness

All prescriptions are sent electronically to your preferred pharmacy prior to your appointment.

Pick them up in advance.



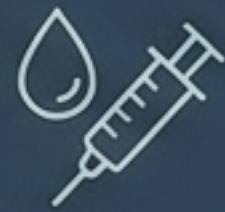
Dental Appliances

Bring your nightguard or retainer to your surgical appointment.

Do not wear it afterward until your doctor confirms it is safe.

We offer three safe options to ensure your absolute comfort

Comfort Profile Matrix



Topical & Local Anesthetic



Oral Sedation (Halcion®)



IV Sedation

Ideal For

Minimal anxiety

Mild to moderate anxiety

Significant anxiety or complex procedures

Consciousness Level

Fully awake. Numbing gel applied before gentle injection.

Calm and relaxed, but awake and responsive. Take ONE tablet 1 hour before appointment with a small sip of water; bring the second. Fast for 5 hours prior.

Deeply relaxed. Most patients remember very little. Monitored continuously.

Transportation

You may drive yourself.

Responsible adult driver required (No Uber/Lyft). Must stay first 15 mins for consent.

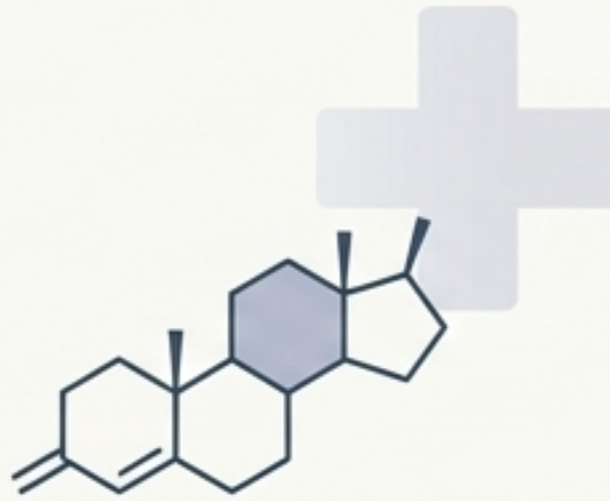
Responsible adult driver required.

Medications prescribed to prevent infection and support healing



Antibiotics

A 7–10 day course may be prescribed (only when clinically appropriate) to reduce infection risk.



Steroids

A short course of corticosteroids may be prescribed to minimize swelling and inflammation.

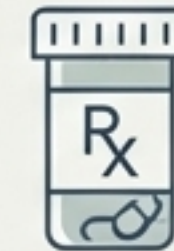
Antibacterial Oral Rinses

(Keep surgical site clean)



StellaLife® VEGA® Oral Care Rinse & Gel

Alcohol-free, natural homeopathic formula to soothe tissues.



Chlorhexidine Gluconate (Peridex)

Prescription-strength antimicrobial.
Note: May cause temporary, reversible teeth staining or altered taste.

Your Antibiotic Quick-Reference Guide

Take only the antibiotic prescribed by your doctor. Complete the entire course unless instructed otherwise. Take all with food and a full glass of water.

Prescribed Medication	Pre-Surgery Protocol	Day of Surgery & Beyond
Amoxicillin (Standard)	2 capsules with dinner night before	1 cap morning of, then 1 cap every 8 hours
Augmentin® (875/125 mg)	1 tablet with dinner night before	1 tab morning of, then 1 tab every 12 hours
Ceftin® (500 mg)	1 tablet with dinner night before	1 tab morning of, then 1 tab every 12 hours
Keflex®	2 capsules with dinner night before	1 cap morning of, then 1 cap 4 times daily
Cefdinir (300 mg)	1 capsule night before	1 cap morning of, then 1 cap every 12 hours
Z-Pak®	2 tablets (500 mg) night before	1 tablet (250 mg) once daily for next 4 days

Alternate medications to stay ahead of the discomfort

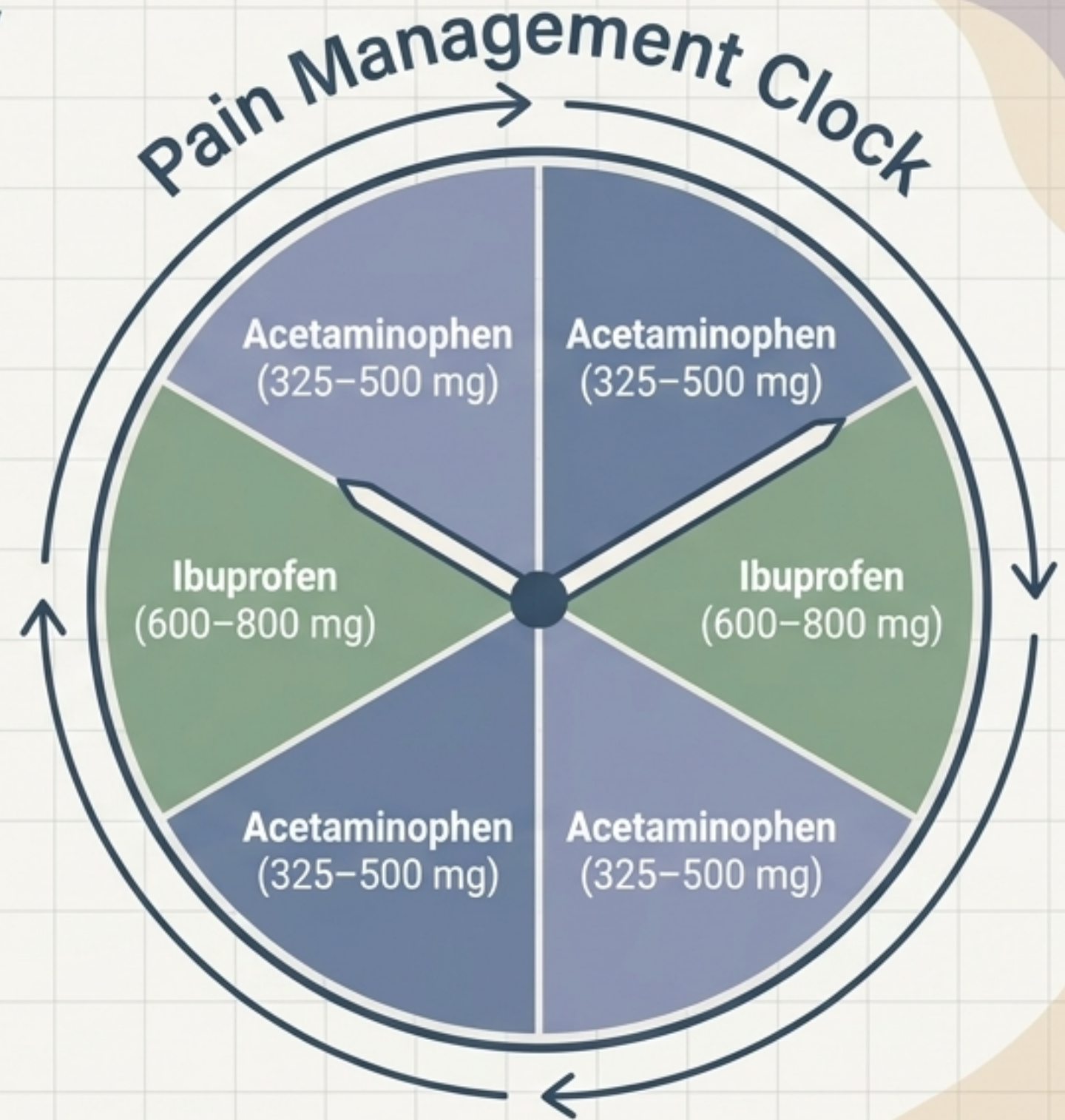
The Strategy

For healthy adults, a massive 58,000-patient study proves this combination provides superior relief to opioids with fewer side effects. Begin before local anesthetic wears off. Take regularly for the first 1-2 days, even before pain develops.

The Regimen

Take one medication every 4-6 hours, alternating between:

- Ibuprofen: 600–800 mg (Advil®, Motrin®)
- Acetaminophen: 325–500 mg (Tylenol®)



Note: A prescription-strength narcotic may be provided for additional control at the doctor's discretion when medically appropriate.

Critical guidelines for taking your pain medication safely

Safety Limits



Do not exceed unless instructed.

Protect Your Stomach

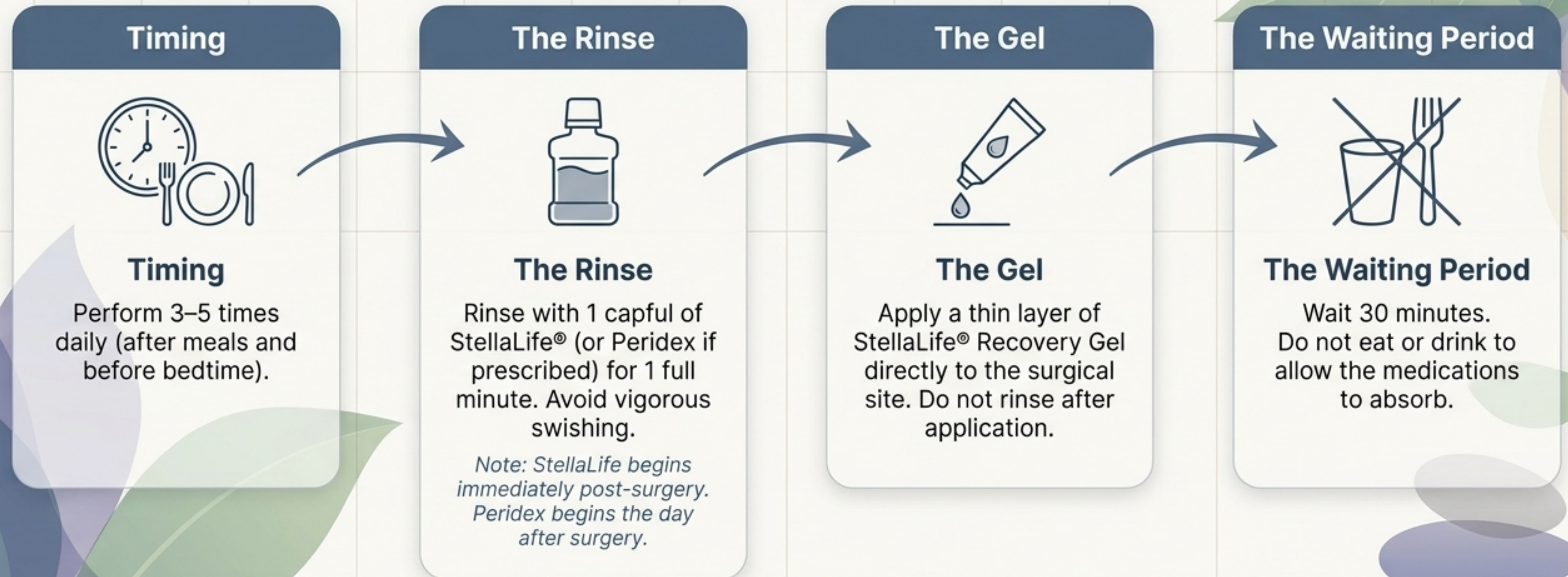


Take all medications with a full glass of water (8–12 ounces).

Take Ibuprofen with food or a light snack (e.g., yogurt, applesauce, banana).

When to Ask for an Alternative: Alert us immediately if you have kidney or liver disease, stomach ulcers, are pregnant, or take blood thinners.

Your daily oral care routine for the surgical site



The physical mechanics of eating safely during recovery



Temperature Control

Let all foods cool completely before eating. Hot temperatures must be avoided to prevent bleeding and irritation.



Chewing Strategy

Take very small bites and consciously chew only on the side of your mouth away from the surgical area.



Hydration

Stay well-hydrated with water throughout the entire day to support the healing process.



No Suction

Never use a straw. The suction force in your mouth can dislodge blood clots and severely disrupt the healing process.



Fuel your healing with soft, smooth, and cool foods

Rule of Thumb for the first 2-4 weeks: Choose soft foods served cold or lukewarm.

Cold & Smooth
(Day 1)

Lukewarm & Soft
(Days 2-14)

~~Hot & Crunchy
(Avoid)~~

✓ Safe Foods (Soft & Cool)



Yogurt /
Pudding



Smoothies /
Shakes



Ice Cream



Blended
Soups



Avocado /
Hummus



Scrambled
Eggs



Soft Pasta /
Rice



Soft Flaky
Fish

✗ Foods to Avoid



Spicy



Hot Temperatures



Crunchy / Hard



Nuts & Seeds



Chips / Flakes

Absolutely no foods that can get stuck in the surgical site.

A day in the life: Safe meal inspiration



Breakfast

- Scrambled eggs or soft omelet with cheese
- Oatmeal or Cream of Wheat
- Soft pancakes
- Mashed avocado



Lunch

- Creamy blended soups (tomato, butternut squash, potato, lentil)
- Macaroni and cheese
- Mashed potatoes with gravy
- Hummus



Dinner

- Baked or steamed flaky fish (salmon, cod)
- Soft meatloaf or slow-cooked shredded chicken
- Tofu, Risotto, or Polenta
- Well-cooked/mashed vegetables (sweet potatoes, cauliflower, carrots)



Snacks & Smoothies

- **Snacks:** Cottage cheese, bananas, ripe mango/pear/peach, Jell-O®, protein pudding
- **Smoothies:** Berry, Tropical, or Green (blend yogurt, milk, fruit)

Always drink smoothies and protein shakes from a cup—never through a straw.

Guidelines for work, rest, and resuming daily activities



Day of
Surgery

Rest heavily.
Do not return to work.



Day 1
(Next Day)

Work & School: Most patients return.
Gum Graft Patients: Strictly limit talking and facial movement.

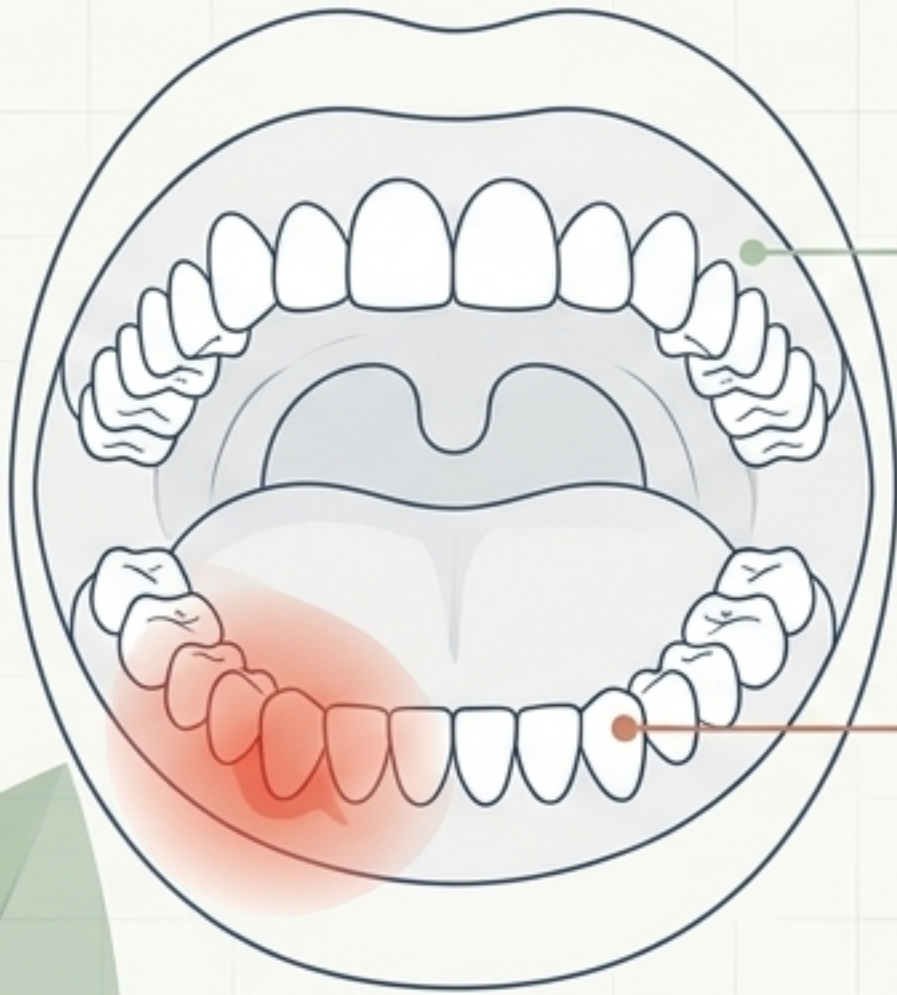


Days 2-3

Physical Jobs: You may need 1-2 extra days of recovery.
Exercise: Continue avoiding exertion.

Listen to your body. We are happy to provide a doctor's note if needed.

Managing your oral hygiene: Treated vs. Untreated areas



Untreated Areas (Business as usual)

Brush and floss normally to maintain overall oral health.



Treated Area (Hands off)

Do not brush or floss this specific area until explicitly instructed by your doctor.



Oral Rinses

Use your prescribed rinse or StellaLife® products gently as directed to keep the surgical site clean without friction.

Your timeline for resuming exercise and normal hygiene

Recovery Calendar

After 48 Hours



Light walking is permitted.

At 10–14 Days



Avoid strenuous activity and exercise entirely until this point.

At 2 Weeks



First follow-up visit to monitor healing. Avoid swimming, hot tubs, and saunas until this point.

At 2–4 Weeks



Second follow-up visit. We will clear you to begin gentle brushing with a soft toothbrush on the surgical site. Electric toothbrushes and Waterpik® use on the surgical site can only resume when cleared during this window.

Monitoring your symptoms: What is normal vs. when to call

Recovery Diagnostic Table



Normal (What to Expect)

- Light bleeding or pink saliva (first 24h)
- Mild to moderate swelling (peaks at 48–72h)
- Bruising on gums, cheeks, or neck
- Slight difficulty opening mouth
- Temporary sensitivity to hot/cold/air
- A white or yellow film over the site (healing tissue, not infection!)
- Small bone graft particles falling out



Abnormal (When to Call Us)

- Heavy bleeding that won't slow after 20–30 mins of firm gauze pressure
- Swelling worsening after 72h or making swallowing/breathing hard
- Severe pain not controlled by meds
- Fever of 101°F (38.3°C)+ or chills
- Persistent bad taste, foul odor, or pus
- Loose sutures too early, opened site, or trauma to area

Note: For allergic reactions (rash, hives), call us. If facing trouble breathing or facial swelling, call 911 immediately.

We are here to support your recovery, day and night
Tel: 571-234-1344, Email: info@Novaperio.com

During Business Hours

Call or email our office directly with any questions or concerns about your healing. It is always better to call early than to worry at home.



After Hours

For urgent matters, email the office or contact your treating periodontist directly.

Dr Sperling: (917) 848-5666
Dr Yu: (480) 459-9476
Dr Chen: (626) 693-7350

Our Promise

Most patients heal wonderfully without problems. If something does not seem right, please reach out—we want your recovery to be as comfortable and smooth as possible.