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POST SURGICAL INSTRUCTIONS

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In order to minimize postoperative discomfort and swelling 3 – 200mg ibuprofen should be taken 4 times for 2 days then as needed. If you can not take Aspirin or Ibuprofen, take 2 Extra Strength Tylenol 4X a day. In addition, the doctor may have prescribed a stronger pain medication, take as directed. As with all antibiotics, you may have some digestive tract difficulties. You can restore the normal digestive tract balance by eating yogurt.

You may have been given an antibacterial mouth rinse. Please rinse with ½ a capful for 30 seconds every morning and night. In order to minimize swelling; place an ice pack on the outside of your face over the surgical area. For the day of the surgery only, the ice should be on every 20 minutes. Remove it occasionally so that your face does not get too cold.

In spite of this, some swelling may occur, lasting for even a few days after the procedure. Swelling usually peaks 2 Days after surgery. In order to bring down the swelling, place a hot compress over the swollen area and keep it there for as long a possible. Keep the compress as hot as possible without burning your face.

Do not smoke, rinse or expectorate for the remainder of the day. Slight bleeding may occur; this is to be expected. Placing a wet tea bag or wet gauze against the part of the dressing from which the blood seems to be coming may control heavier bleeding. Apply continuous firm pressure 20 minutes without removing it. Do not try to stop the bleeding by rinsing. If the bleeding persists please call the office.

Do not brush the surgical area but clean the rest of your mouth as usual. Starting tomorrow make up a solution of one half teaspoon of salt in a glass of warm water and rinse several times a day. If you have any further questions or difficulties please do not hesitate to contact the office.

Do not eat for 2 hours but you may have a cool drink. Later today eat soft and cool foods. Starting tomorrow you may resume your normal diet. Try to avoid hard and crunchy foods. Do all chewing on the other side of your mouth.

A dressing may have been placed over the surgical area for your comfort. Small pieces of the dressing may dislodge, this is normal and of no consequence. If the entire dressing comes out, it can be replaced if the area is uncomfortable. If there is no discomfort, the dressing can be left off. The area can be cleaned with a cotton swab dipped in a solution of peroxide and water.

Most importantly use your own sense and take care of yourself. The office phone is a 24 hour number. 516-621-9393.