

## **POST-OPERATIVE INSTRUCTIONS**

**United Family Dentist  
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Careful attention to the following remarks and suggestions will help to allay apprehension and insure proper healing. Questions and concerns can be addressed by returning to the clinic where treatment was rendered.

**PAIN** - This can usually be controlled by taking over-the-counter pain relievers. If you receive stronger medication, take it strictly as directed. Pain medication should be started well before local anesthetic has worn off. The application of an ice pack to the affected area may help to reduce pain and swelling: use 15 minutes on, 5 minutes off for the first few hours. Persistent pain, continuing after 72 hours, may indicate that medicated dressing is required.

**BLEEDING** - Some bleeding can be expected. The saliva may be blood ringed for 24-48 hours. If bleeding persists, it can be controlled with firm pressure on a sterile gauze pack placed over the wound for 20 minutes. Repeat, as necessary. It is important that the pack be placed directly over the bleeding site and not over the adjacent teeth. It must be bulky enough to prevent the upper and lower teeth from meeting when biting firmly. Protruding, liver-like-clots, if present, should be removed before placement of the gauze pack.

**SWELLING** - This is not uncommon and may be accompanied by skin discoloration. These are normal post operative discomfort, as is inability to open the mouth fully (see note on the use of ice).

**ORAL HYGIENE** - This is imperative. Brush and floss all areas starting the next day except for the operative site. Rinsing with tap water or commercial flavored mouthwash should commence on the first post-op day and continue until the area has healed. Keep stitches clean. They should be removed in 5-7 days.

**SMOKING** - We absolutely do not condone the use of tobacco in any form. However we cannot expect patients to start a smoking cessation program on the day of an oral surgical procedure. No smoking for four hours after the extraction, or any other surgical procedure.

**ANTIBIOTICS** – May be given to treat existing infection and may be given prophylactically to prevent future infections. The full course of antibiotic therapy must be completed. In general, an antibiotic is most effective when taken one hour before meals or two hours after. It may cause GI upset and allergy (rash, hives).

**DIET** - Soft, blend foods (e.g. Yogurt, Jell-o, soup, mashed potatoes) are recommended. Avoid seeds, pits etc, which could become lodged in healing areas. Chew on the opposite side from the operated area.

**MEDICATIONS** - Continue taking your normal medications unless otherwise directed.

**BONE FRAGMENTS** - Bone fragments may appear in the gums during the healing process.

**RINSING** - Avoid rinsing after surgery. On the day after surgery, if there is no bleeding, you may rinse after eating with warm salt water.

**IF YOU ARE IN DOUBT ABOUT ANYTHING AT ANY TIME, PLEASE CALL (917) 945-9729.**