

**Office number:  
(845) 634-8807**



**Emergency Line:  
(914) 523-7113**

## **Post-Op Instructions**

**General Care** – During the first week following surgery, it is advisable to *gently* rinse with saltwater to keep food out of the surgical site.

**Bleeding** – After surgery, the assistants will show you how to place gauze in the area and bite down to hold pressure. We recommend biting down on the gauze for the first 2-3 hours, changing the gauze every 45 minutes or so. When you remove the gauze, examine it to see if there is any white or pink on the gauze. If there is any white or pink on the gauze, it means you are not really bleeding anymore, and you do not have to place another gauze. It is normal to continue oozing for the first day or two after surgery or to have some blood on your pillow in the morning. However, we do not consider this bleeding. Bleeding is when you remove the gauze, and it is fully saturated with bright red blood with no white or pink remaining. If the gauze continues to be saturated with bright red color, you can moisten a teabag, place it on top of the gauze, and apply direct pressure with the teabag to the surgical site. If bleeding does not subside, call for further instructions.

It is very important that you **do not rinse, spit, or drink through a straw for the first 72 hours after surgery**. These 3 things cause pressure in the mouth that dislodges the clot and will cause re-bleeding. If you forget and you start to rebleed, replace the gauze in your mouth and start the original instructions again. It is okay to brush your teeth the next day after surgery, just be gentle with rinsing and spitting. Avoid directly brushing the surgical area for approximately 1 week.

**Diet** – After surgery, it is okay to start eating soft foods such as chocolate pudding, mashed potatoes, yogurt, ice cream, soup, etc. Some people can even tolerate pasta and scrambled eggs on the first evening after the surgery. On the second day, if you are feeling up to it, you can try to slowly advance the diet to harder foods such as soft bread. Please be aware that if your lips are numb, it is possible to chew on your lip without knowing. We recommend that you do not CHEW any foods until the numb feeling in the lip has disappeared. Food temperature does not matter, but avoid extremely hot foods and foods like nuts, sunflower seeds, popcorn, etc. that may get lodged in the socket areas.

**Sutures (stitches)** - The stitches that are in your mouth are dissolvable and are placed to minimize post-operative bleeding and to help healing. They will dissolve approximately 1 week after surgery and do not need to be removed. Sometimes they become dislodged – this is no cause for alarm. Simply remove the suture from your mouth and discard it.

**Swelling** – It is normal to have swelling after the procedure. The swelling will be biggest 48-72 hours after the surgery. Place ice on the area 20 minutes on/20 minutes off for the first 24 hours only. Pain and swelling should subside more and more each day following surgery. If the swelling settles down and then swells up

again, this may mean that you have an infection and you should call our office immediately upon notice of this re-swelling occurrence.

**Medications** – Please take your medication as prescribed on the bottle. Most surgeries will require a prescribed antibiotic to prevent infection and an over-the-counter pain medication can be taken as needed. Here is a common list of medications given by our office:

- **Antibiotics:** Amoxicillin, Clindamycin, Augmentin, Azithromycin. Take as directed until finished. If you have an adverse reaction, please stop the medication and call our office.

- **Pain Medications (over-the-counter)** – Ibuprofen (Advil/Motrin), Acetaminophen (Tylenol)

We recommend taking three 200 mg tablets of Ibuprofen (Advil/Motrin) and two 500 mg of Acetaminophen (Tylenol) every 6 hours for the first 2 days following surgery. However, the 2 medications should be staggered to achieve the best possible results. Below is an example of a staggered medication regimen.

**\*\*\* Please let us know if there is a medical reason you are unable to take Ibuprofen or if you are allergic to any medications \*\*\***

Time	Medication
9:00 AM	3 x Ibuprofen = 600 mg
12:00 PM	2 x Acetaminophen = 1000 mg
3:00 PM	3 x Ibuprofen = 600 mg
6:00 PM	2 x Acetaminophen = 1000 mg
9:00 PM	3 x Ibuprofen = 600 mg
<i>...and so on for the first 48 hours</i>	

**Sinus Lift** – During the first 2 weeks, **DO NOT BLOW YOUR NOSE**. This may be longer if indicated.

Additionally, if you must sneeze, **DO NOT HOLD IT BACK. SNEEZE OUT AND WITH YOUR MOUTH OPEN.**

Anything that causes pressure in the nasal passages or sinuses, such as blowing your nose or holding in a sneeze, will delay recovery and may even damage your sinus healing. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided for at least 2 weeks. You may use over-the-counter nasal decongestants, such as Sudafed tablets, to alleviate symptoms of a runny nose.

**Dry socket** – The cavity where the tooth was removed will fill-in gradually over the next month with new tissue. A dry socket is when the blood clot dissolves prematurely from the tooth socket. Symptoms include persistent pain and throbbing at the surgical site 2-3 days following surgery. Call the office if this occurs.

***If you have any further questions or concerns, please call the office at (845) 634-8807.***