

## POST-SURGICAL INSTRUCTIONS

**DISCOMFORT:** Discomfort is expected and is usually controlled with the pain medications prescribed or recommended. It is not unusual to have more discomfort after the second or third day following surgery than the actual day of surgery. The discomfort usually will disappear shortly after the sutures have been removed and the dressing changed. You may experience a feeling of slight weakness or chills during the first 24 hours.

**SWELLING:** Some swelling may be present the day after the surgery and may peak at 48 to 72 hours after surgery. This swelling should disappear after 6-7 days. Take ice water, ice tea or similar liquids and keep the surgical area cold for the remainder of the day after surgery. Do not use a straw, as suction can start bleeding. Swelling can be minimized by placing an ice pack on the outside of the face for 10-20 minute intervals. Keep your head elevated and sleep with 2-3 pillows the first day after surgery.

**PHYSICAL ACTIVITY:** After leaving the office, relax for the remainder of the day. Keep your head elevated. Avoid strenuous activity for several days. Sun-bathing should be avoided for two days to avoid swelling and fatigue.

**BLEEDING:** There may be some blood in your saliva for the first four to five hours after the procedure. If there is considerable bleeding beyond this, clean the area, locate the bleeding and apply pressure uninterrupted for twenty minutes. Use either a moist gauze or a moist tea bag over the area in order to apply pressure. If the bleeding continues while placing pressure, relocate the position of pressure application.

**EATING:** Try to maintain a balanced diet. Any foods may be eaten that do not irritate your mouth or displace your dressing. Try to avoid spicy, crusty, acidic or seedy types of food. It is very important to eat as soon after surgery to avoid medication side effects and a light headed feeling. Suggested foods for immediately after surgery: Jello, ice cream, milkshakes, cottage cheese, fruit, applesauce, yogurt. Late: softer foods, soft boiled eggs, scrambled eggs, pasta, mashed potatoes covered with soup, casseroles and cooked vegetables.

**PERIODONTAL DRESSING:** If a dressing (or packing) has been placed over the surgical site, try to stay away from it for the first few days. The dressing is primarily for your comfort and to protect the surgical area during healing. If a "small" piece of dressing comes off there is no reason for concern. If the entire dressing should become loose or fall off, and there is no increase in the level of discomfort, it is acceptable to leave it off. Please call the office to inform the doctor.

**ORAL HYGIENE:** It is important to maintain a normal level of oral hygiene in the non-operated area by brushing and flossing. Do NO hygiene where bone regeneration was done while the material is in place.

**MEDICATIONS:** Please follow the instructions on the bottle for any medications prescribed. Be sure to take all medications with a full glass of water. If adverse reactions to those medications should arise, such as nausea, itching, swelling or any allergic symptoms, please discontinue the medication and call the office immediately. If you need more medication, please call us.

**PROBLEMS OR CONCERNS:** If you have further problems or questions, please feel free to call us:

Dr. Rustin Levy at office: (202) 524-4863 on cell (301) 807-9891