

Post-Surgical Instructions and Information

The following instructions have been prepared for you in regard to the procedure, which has just been performed. Please read them carefully. If any questions remain unanswered, PLEASE DO NOT HESITATE TO CALL OUR OFFICE at 973-992-8600.

1. **Do Not** Chew on the side of the mouth where the surgery has been done
2. **Do Not** Brush the area.
3. **Do Not** Apply tongue pressure to the surgical area.
4. **Do Not** Eat spicy or excessively hot foods or liquids for 24 hours.
5. **Do Not** Take aspirin containing medicines like Anacin, Bufferin, or Emperin for 24 hrs.
6. **Do Not** Be alarmed if any of the following occurs:
 - a) slight bleeding
 - b) moderate discomfort
 - c) a small piece of the pack falls out (if one has been placed)
 - d) there is tooth tenderness or apparent looseness
 - e) moderate swelling

1. Take your medicine as prescribed.
2. Sleep with your head slightly elevated for the first night.
3. A surgical pack may have been placed on the area to prevent trauma. If the pack loosens or falls out, please contact us, but don't worry if a small piece of the pack falls out.
4. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 15 minutes, and then remove for 15 minutes. Continue this for three to four hours.
5. Oozing of blood (if it occurs) will appear to be greatly exaggerated when it dissolves in saliva. Determine the sight of oozing and place pressure on this area with a moist 2 x 2 guaze pad or moistened tea bag for 20 minutes. If bleeding continues, call the office.
6. Continue your home care procedures for the rest of the mouth, but avoid contact with the surgical area. Special home care instructions for the surgical area will be given to you when the dressing is removed.

If the following occurs:

- a) excessive bleeding
- b) excessive swelling
- c) large amounts or the complete pack falls out (if one has been placed)
- d) fever
- e) pain is not controlled by prescribed drug

call the office at 973-992-8600, if the office is closed the answering machine will instruct you how to contact the doctor.