



SURGICAL POST-OPERATIVE INSTRUCTIONS

IN AN EMERGENCY: To contact either doctor in an emergency, follow these instructions.

1. Using a touch tone phone, call your doctor's number:
Dr. Gene cell (708)989-0072 or Dr. David Cell (708) 227-4280

The post-operative instructions listed below should be followed accurately in order to speed your recovery.

1. **SWELLING** – The first 24 hours is the most critical phase for swelling control. Most swelling does not visibly appear until 24-48 hours after surgery. It is therefore important to apply (on and off) ice at 20 minute intervals. Ice application after 48 hours slows healing and prevents swelling reduction.
2. **EATING** – The rule of thumb is “C.S.S.” (cooler, softer, smaller). Avoid spicy or hot foods, nuts, seeds, chips, pretzels, etc. Any food that is cool, easy to chew and soft is O.K. to eat (i.e. Jell-O, yogurt, sliced soft fruit, cereal, potato, fish, eggs, applesauce, cottage cheese, etc.). **DO NOT** eat or drink anything hot during the first 24 hours.
3. **EXERCISING** – Aerobic activities and heavy lifting should be avoided for the first 72 hours. Lot of common sense prevails.
4. **SMOKING** – We advise you not to smoke. The less you smoke, the faster things heal and fewer complications arise.
5. **PAIN CONTROL** – Pain management begins immediately after surgery. Prescribed antibiotics **MUST** be taken whether you experience pain or not. Proper blood levels are necessary in order to reduce pain and swelling. Use Orajel on affected area, if experiencing soreness on the tissue.
6. **PRESCRIBED MEDICATION** – Follow instructions on prescribed medications.
7. **RINSE** – Use non-alcoholic mouthwash or warm saltwater. Rinse 3x daily. Suggestions for rinse: ACT (Sensitive Formula), Listerine Zero.
8. **BLEEDING** – Normally there will be some bleeding following surgery. The application of pressure from damp, cool cloth or ice in these areas will usually hasten clotting. Continued bleeding can be controlled by firm pressure on a dampened tea bag placed directly on the area. However, should you become concerned about excess bleeding, please call the office for further instructions.
9. **WATERPIKING** – Hold off on waterpiking at least for ten (10) days after treatment.