

Instructions after your surgical visit

- ◆ Bite on the gauze that we had supplied for you for at least one hour. After one hour, wipe away any excessive blood clot and place another piece of gauze over the extraction site for another hour. Avoid rinsing and changing the gauze repeatedly. Bite on the piece of gauze that you left the office with and avoid disturbing the treated area for the next few hours.
- ◆ A small amount of bleeding can be expected for the first few hours after surgery. Try not to rinse out the day of the surgery; the blood has to clot over the surgical site in order for the bleeding to stop. If bleeding persists, call us immediately.
- ◆ Take an over the counter pain reliever (Tylenol, Aspirin, Bufferin, Anacin, Alleve, Motrin, Nuprin) for mild discomfort.
- ◆ Take the prescribed pain reliever if the discomfort is more severe. The prescribed pain medication has a narcotic; this may cause nausea. Do not drive when taking this prescription.
- ◆ An antibiotic was prescribed to prevent infection after your treatment. Antibiotics may interfere with the effectiveness of oral contraceptives. If you have any concerns about the interactions or side effects of your medication please contact me.
- ◆ Brush and floss the other areas of your mouth as usual. Lightly brush and floss near the surgical area; do not touch the gums or the stitches. A very clean mouth the first week after the surgery will speed up *the* wound healing process. Avoid rinsing for one day; peridex, Listerine or warm salt water is fine after two days.
- ◆ Stay on liquids the day of the surgery. Stay on a soft diet the first few days after the surgery.
- ◆ Refrain from smoking and alcohol for two days. The wound will heal poorly from smoking and can lead to further complications..
- ◆ Avoid excessive exertion for the next two days.
- ◆ Sometimes small pieces of root or bone remain in the surgical site. I will evaluate this again when your stitches are removed.
- ◆ Keep the appointment one week after the surgery to have your stitches removed. We want to see how you are doing.
- ◆ Please call 212.962.1305 or email me at mmandmd@gmail.com if you have any concerns.