



## **Post Operative Instructions**

1. A local anesthetic has been administered, which will leave this area of your mouth without sensation for at least 3-4 hours. **Do not** eat until the anesthetic has worn off. After a brief period and throughout the week, eat your normal foods. Try to chew on the other side of your mouth.
2. **Do not** rinse your mouth today. Avoid extremely hot food and drink for the next few hours. Refrain from smoking, spitting or vigorous rinsing throughout the healing period.
3. **Medications:** Mild discomfort can be controlled with 2 Tylenol tablets every 4-6 hours.
  - Advil/Motrin/Ibuprofen** 400mg every 4-6 hours. Mandatory for 2 days; then as needed for pain.
  - Dolobid** 500mg 1 tablet twice a day mandatory for 3 days for pain & inflammation **starting today.**
  - Vicodin/Vicoprofen/Tylenol 3** 1 tablet every 6 hours as needed for pain.
  - Amoxicillin 500mg** 1-tablet \_\_\_\_ times per day for \_\_\_\_ days
  - Z-PAK (Zithromax)** 2 tabs ASAP, then once daily for four days **starting today.**
  - Levaquine 500mg** Mandatory once per day for 7 days **starting today.**
  - Zovirex 400mg** 3 times per day
  - Listerine** rinse 2 times per day for 30 seconds with a capful starting tomorrow.
  - Peridex/guard** rinse 2 times/day for 30 seconds with 1 capful (starting tomorrow).
  - Mederol 4 mg dose pack** 6-5-4-3-2-1 as directed starting today
4. If a **dressing** was used, try not to disturb it. If it comes loose today or anytime during the week, there is no cause for alarm. If a piece of dressing breaks off before your next appointment don't worry about it.
5. Some oozing is normal and should be expected. Don't be alarmed if you have orange saliva for the next few days. If **bleeding** does occur, do not rinse. Moisten a gauze pad or tea bag, place it over the area and hold firmly with pressure for 15 minutes. Repeat if necessary.
6. **Bleeding from the nose** is normal and may occur. Should this happen, extend your chin up while pinching the nostrils closed. IT IS IMPORTANT TO EXTEND YOUR CHIN UPWARD IN ORDER TO MAINTAIN AN OPEN AIRWAY! Maintain this position for 15 minutes to arrest the bleeding. You may use cotton to pack the nostrils instead of pinching them.
7. Some **swelling** may occur during the first 48 hours. Do not be alarmed if no swelling occurs until two days after the procedure. For Today: apply ice to the outside of the face adjacent to the treated area. The ice should be applied at intervals - 15 minutes on, 15 minutes off. By the fourth day the swelling will gradually subside.
8. Clean the rest of your teeth as usual, but do not attempt to brush the treated area throughout the week. Try to stay away from the dressing or exposed sutures. If a mouth rinse was prescribed use it as directed.
9. When the sutures and the dressing are removed next week, the operated area will probably feel tender and sensitive to hot and cold. The spaces between your teeth will seem more open. This is normal after periodontal surgery. Even though the operated area may be tender, start to brush and floss more firmly. Throughout this period, brush the rest of your teeth as usual.
10. If you have any questions not covered in these notes, please call the office at 516 295-9566. In case of emergency, Dr. Weitz can be reached on his cell at **516 457-3111** and Dr. Gober can be reached at **516-205-7255**

Next appointment: \_\_\_\_\_