

SCHIFFMAN ORAL SURGERY

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HOME CARE INSTRUCTIONS AFTER SURGERY

Post-operative home care following oral surgery is very important. Careful attention to the following instructions will help prevent complications, minimize discomfort, and promote proper healing. If you have questions regarding your progress or require clarification about any of these instructions, please contact our office.

1. Do not rinse, spit, gargle, or drink through a straw for at least 24 hours after surgery. Replace gauze pads approximately every 30 minutes until bleeding has slowed. Bite down gently but firmly on 2-3 gauze pads folded in quarters, placed over the surgical site. Keep your head elevated. Never sleep with gauze pads in your mouth. Beginning 24 hours AFTER surgery and throughout the week, gently rinse the surgical area with warm salt water rinses after meals and before bedtime. Use ¼ teaspoon of salt dissolved in an 8 ounce glass of warm water as a mouth rinse.
2. In case of heavy bleeding DO NOT RINSE! While sitting upright, try repositioning the gauze pads directly over the wound and biting down firmly. Hold an ice pack over that area of the face. Replace the pads every 5-10 minutes for a half hour by which time the bleeding should slow. If heavy bleeding persists, call the office. Bleeding may occur any time after surgery, if the area is irritated.
3. To minimize swelling, apply ice to the outside of the face over the affected area, 15 minutes on, 15 minutes off, AS MUCH AS POSSIBLE for the first 8 hours after surgery. Swelling usually peaks at 24 hours and begins to subside after 48 hours, at a rate of 10-15% per day. By the end of the week, the discomfort, swelling, and limited opening, should be reduced by about 70% on average. Bruising and discoloration of the skin over the surgical site, soreness of the corners of the mouth as well as canker sores may persist for 2 weeks
4. Prescription medications should be obtained immediately. Antibiotics such as amoxicillin and clindamycin are taken 3 times a day; on awakening, at 3 P.M., and at bedtime, with a full glass of water. Biaxin and Cipro are taken every 12 hours. Levaquin and Z-Pak are taken once daily. If diarrhea occurs and does not improve after 24 hours, the antibiotics may have to be discontinued. Antibiotics can inactivate birth-control pills. Codeine pain medication is best tolerated after eating. Dizziness, nausea, and vomiting, especially in those who are slim or have lower blood pressure, are common with codeine. If you experience these symptoms, discontinuing the codeine should result in improvement within 8 hours. Tylenol may be substituted. Avoid aspirin products as they interfere with clotting.
5. Avoid hard, crunchy foods and hot beverages while the wound is sore. Soft, smooth, cool foods such as yogurt, cottage cheese, apple sauce, pudding, ice cream, mashed potatoes, eggs, oatmeal, pasta, gelatin, milk shakes, iced tea, and ginger ale are suggested.
6. The yellowish material in the socket is a dissolvable Gelfoam pack which protects the socket. The yellow colored stitches are expected to fall out during the week. If you feel sharp edges in the surgical area, it is likely you are feeling the bony walls that once supported the teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If this causes concern or discomfort, please contact the office. DO NOT SMOKE. Smoking inhibits healing and may cause a dry socket.

*****Have Icepacks and 2 X 2 Sterile Gauze Pads Ready At Home*****