

Post-Operative Instructions

For Osseous Surgery...

1. Some **BLEEDING** after surgery is normal. If the bleeding is excessive, place gauze or a moistened (not soaked) tea bag over the surgical area and “pinch” the gum line. Apply **CONSTANT FIRM PRESSURE** for 15 to 30 minutes. After this time has elapsed, if the bleeding continues, repeat the procedure. If bleeding does not cease, call the office or if it is after office hours please call the emergency number.
2. To minimize swelling, apply **ICE** to the outside of the face adjacent to the surgical site for **6 to 8 hours** after surgery. Use firm pressure for intervals of 10 minutes on and 10 minutes off. The ice is removed periodically to prevent frostbite from occurring. Do this for the first 6-8 hours only.
3. In a small number of cases, **SWELLING** occurs the **next day**. If swelling is present, continue to apply ice on the swollen area for intervals of 10 minutes on and 10 minutes off.
4. Antibiotics are usually prescribed to minimize the risk of infection. Please be sure to take the antibiotics for at least the first 3 to 4 days, and continue for the entire week, if the surgical area does not feel completely comfortable.
5. **DO NOT RINSE YOUR MOUTH OR DRINK THROUGH A STRAW** for the first day of the surgery. After the first night, you should rinse your mouth regularly with salt water (1 cup of warm water to 1 teaspoon salt) or, if you need to limit your salt intake or if you have high blood pressure, use peroxide and water (50:50). This will speed healing and promote better breath. It will also make your mouth feel better.
6. You can eat what you wish after surgery once the novocaine has worn off. Chew on the other side of your mouth. **DO NOT BITE YOUR FOOD**. Try to cut it into smaller pieces first. Also avoid hot, cold or spicy foods if they bother you. It is important that you are nourished adequately to promote healing. Return to a normal diet as quickly as possible.
7. I use dissolving sutures. If you feel threads in your mouth, they are sutures. You can cut the threads as short as possible if they bother you. If not, leave them alone and they will dissolve within 7 to 10 days.

8. If your lips become dry or chapped or if cracks develop at the corners of the mouth, apply Vaseline often to soften your lips, especially at bedtime.
9. Smoking has been shown to delay healing in the mouth and should be eliminated if possible for the week following surgery.
10. Start to brush the surgical site after 5 days. You can soften the bristles of the brush by running them under hot tap water. Be gentle at first and gradually increase the pressure on the bristles, as you feel more comfortable. You may also floss after 5 days.
11. If a dressing has been placed, keep it clean by swabbing it with a Q-tip, with salt and water or peroxide and water. Please try not to disturb it. It will be removed at your next visit. If it becomes loose or if pieces break off, you can gently remove it. If you have any problems with the packing, please call our office.
12. Take the painkiller that has been prescribed for at least the first day. If I prescribed Motrin, you can take one pill every 4 hours as necessary. If I prescribed something else, take it as directed. If the prescription is not working, please call the office. I can usually prescribe something stronger.
13. If you have any questions or concerns, call the office at (516) 799-2222. You may leave a message and the call will be returned the next business day. If the question cannot wait or if you need to contact me immediately, you may reach Dr. Hasday and Dr. Kaur on the emergency number, (516)455-1351. Be sure to leave a message after the beep with your name and telephone number and you will receive a prompt call back. In the unlikely event that you do not receive a return call within one hour, please call Dr. Hasday on his cell phone, (516)526-9857 or Dr. Kaur on her cell phone at (914) 980-2682. In most cases, your questions or problems are easy for me to handle, and I would rather that you call me personally than wait until office hours resume.