



Please call with any emergencies:

781.665.4446

Oral Hygiene

Brush, floss and clean the *non*-treated area(s) of your mouth as usual. To clean the surgical site, gently rinse for 30 seconds twice daily with Peridex/Perioguard until your first post-operative visit (seven to ten days after the surgery). Feel free to rinse gently with salt-water as this aids to soothe your mouth. Finally, by brushing the top of your tongue and not smoking, your mouth will feel much cleaner and heal more efficiently. Do *not* brush the surgical site until advised.

If a dressing (packing) is used to cover the treated area(s) it should remain in place for as long as possible. Please do not remove it unless *specifically* instructed to do so. If particles of the pack or the actual pack falls off during healing, *do not* be concerned. If a piece of the pack breaks off, you are in pain, or if a rough edge irritates your tongue or cheek, please contact the office. The problem can be remedied by replacing the pack. The pack will be removed at your next appointment.



Medications

Pain Medications: Mild discomfort is controlled with NSAIDs (non-steroidal anti-inflammatory drugs - i.e., Advil, Ibuprofen, Aleve or Motrin) or Tylenol. NSAIDs reduce inflammation and swelling as well as pain, and have no narcotic (drowsy) side effects. They can, however, increase bleeding. All medications should ideally be taken with food and preferably before the anesthetic from the surgery wears off. If the prescribed pain management medication runs out or is insufficient, please contact the office.

Antibiotics: *If* antibiotics are prescribed (penicillin, amoxicillin, erythromycin, doxycycline, keflex, etc), the medication should be taken until *finished*. Birth control pill efficiency will decrease when used with antibiotics, therefore alternative birth control measures should be used during antibiotic usage.

Mouthwash: Please use Peridex/Perioguard as prescribed.

Swelling

In some cases puffiness, mild swelling and even bruising may occur. This can be kept to a minimum by holding ice (i.e. frozen vegetables) on the outside of your face, adjacent to the treated area, for the first 24 hours after your surgical procedure (15 minutes on - 15 minutes off). 24-48 hours after surgery, *discontinue* ice use and apply a warm compress if swelling still persists.



Bleeding

Do not be alarmed if your saliva is stained with some blood. This is normal. Physical activity should be kept to a minimum the day of surgery to prevent excessive bleeding. If excessive or continued bleeding occurs, discontinue rinsing, avoid any exertion, and try the following procedure: moisten a *non-herbal* tea bag in ice cold water and place it on the surgical area. Hold the tea bag with your thumb and index finger firmly for 10-15 minutes. Repeat if necessary.

Diet

Do not chew with the area of your mouth just treated. A nourishing, soft diet (i.e., pasta, soup, yogurt, ice-cream, etc.) of high proteins and plenty of fluids will aid in healing. Avoid foods and beverages that are hard, chewy, hot in temperature, spicy or acidic. Alcoholic beverages may be used in moderation, but alcohol must not be consumed with sedatives or narcotic pain killers.



Extraction Instructions

Please avoid any heavy rinsing for the first 24 hours. Also, bleeding/oozing is normal for the first 24-72 hours after an extraction. Finally, be aware that if graft material was used the excess may flow and cause a “crunchy” sensation while chewing. This is normal.

Emergency Instructions

If you have any questions, problems or concerns, please do not hesitate to contact Dr. Alper at the office (781.665.4446). If the office is closed, the voice mail will have instructions on how to page the on-call doctor.