

### **POST-TREATMENT INSTRUCTIONS**

- 1) **Swelling** is a common post-operative occurrence. Maximum swelling commonly occurs 72 hours after surgery. **Immediately upon arriving home after surgery, apply an ice pack to the side of your face, which had surgery, for 10 minutes on, followed by 10 minutes off, during waking hours for the first 72 hours post-treatment.** *If significant facial swelling occurs after the first 72 hours post-treatment, compare the skin temperature of the side of the face that had treatment vs. the other side of your face. If the side that had treatment is warmer, continue applying the ice. If they are the same temperature, apply moist heat in a similar fashion as the ice.* (Moist heat can be achieved by moistening a face towel and placing it into a microwave until it's hot, but not too hot to the touch.) **If unsure, apply the ice.**
  - 2) Take the **pain medication** according to how it has been prescribed for you. Instructions vary for different medications; therefore, it is important to **read the instructions on the container** carefully. If 600mg Ibuprofen (Advil/Motrin®) has been prescribed, take it every 6 hours for a minimum of the first 3 days, whether or not there is pain; it helps to reduce swelling and inflammation as well as pain. If you can take Ibuprofen and Tylenol, and pain is not managed with ibuprofen alone, then take the ibuprofen (every 6 hrs.) followed 3 hours later by 500-100mg of Tylenol (every 6 hrs.), alternating between them every 3 hours.
  - 3) If **antibiotics** have been prescribed, **take them along with 'FLORASTOR' OTC acidophilus/pro-biotics - to minimize side effects of the antibiotics.** It is important for you to complete the prescription as directed on the bottle; do not discontinue use unless severe diarrhea, an allergic reaction arises (ie. throat swelling, itching, or a rash on the skin develops), or you are directed to do so by a medical professional; contact the treating periodontist as soon as possible if antibiotics are discontinued for any reason. **Antibiotics may cause birth control pills to become ineffective in females, therefore, females using antibiotics must use alternative birth control methods for one complete menstrual cycle after completing the antibiotic regimen.**
  - 4) **Bleeding** often follows surgery. Small amounts of blood are frequently seen and should be no source of concern. Try to keep your head elevated and do not exercise during the first 72 hours. **Persistent bleeding** should be controlled with **pressure applied** through **moist regular tea bags**. It may take 30 minutes of constant pressure to stop the bleeding. If bleeding continues to persist after re-applying a fresh tea bag a second time, contact Dr. Moskowitz as soon as possible.
  - 5) **Homecare:** Beginning 72 hours after the surgery, you may rinse with luke warm salt water (1/4 tsp. of salt in an 8 oz. glass of water) or 1/2 mouthwash 1/2 water. **Brush all of your teeth that are not covered with packing as well as the chewing surfaces of those teeth that are covered with packing,** taking care not to dislodge the packing or to contact the gums. Flossing is not recommended at the surgical site for the first 2 weeks of healing unless you need to **carefully** dislodge food caught between the teeth.
  - 6) It is important to **eat properly** following the surgery. Please avoid hot liquids (ie. soup, tea, coffee) for the 1<sup>st</sup> 72 hours post-surgery. **NO spitting, rinsing, smoking, or using a drinking straw is advised.** Also, **acidic foods** may increase post-operative discomfort. **For the first 2 weeks, Eat only soft foods, nothing hard & crunchy (no crusty bread, nuts, or foods with small seeds), and NO chewing gum or sticky foods.**
- \*\* If you have an increase in swelling or pain after 3 days (72 hours) post-treatment, despite following the above instructions, or if you have any questions or concerns, PLEASE DO NOT HESITATE TO CALL THE OFFICE, or our cell phone after hours. If you get a message machine, leave your name, phone number, time you called, and your concern, and your call will be returned A.S.A.P.**

**Dr. Moskowitz's cell: 443-857-9437**