

POST OPERATIVE INSTRUCTIONS

From the office of

BARRY J. GELBER, D.D.S.

PACKING

. We will put a protective dressing (packing) around the surgical area and it should remain there for one week. At your one-week visit, we will remove the dressing and instruct you on the proper care of the surgical area.

If the dressing falls off on the first day-call us.

If the dressing falls off after the first day but before the end of the first week and you feel comfortable without it, you do not need to have it repacked unless otherwise instructed.

. Apply ice to the side of your face as soon as possible—apply it on and off every 15 minutes for a period of 5 hours. ***Do not apply ice after this 5-hour period.*** Ice is meant to help minimize swelling. Most swelling does not appear until two or three days later and takes a couple of days to diminish.

BLEEDING

. The following will help you avoid bleeding problems the first 24 hours post surgically:

No smoking or use of straws

No rinsing or forceful spitting—please bear with the taste, slight bleeding or oozing is normal the first day.

No strenuous activity such as exercise for the first three days.

. If bleeding occurs, ***Do Not Rinse.*** Apply constant pressure with moistened gauze or a tea bag directly over the surgical area for 15 minutes and maintain constant finger pressure. Change gauze and repeat the procedure 2-3 times if necessary to control bleeding. Notify our office.

MEDICATION

. Use only those medications prescribed by Dr. Gelber and follow his instructions carefully. Do not begin any rinses until the second day. Consume the entire prescription of antibiotics and take pain medication as needed per instructions to maintain your level of comfort.

FOOD

. Avoid eating or drinking until the numbness wears off.

. A nutritious soft diet is essential for proper healing. Limit intake of hard or sticky foods. A good general rule to follow is that you can be cut with the side of a fork.

FIRST DAY

. Avoid brushing and flossing areas with packing until instructed but maintain all other areas normally. Because rinsing is not recommended use a minimal amount of toothpaste the first night you brush.

***Please feel free to call us with any questions that might arise during the week.
We will be more than happy to assist you throughout your surgical experience.***