

SMILES ON BROADWAY DENTAL CARE

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**WHAT YOU SHOULD DO FOLLOWING EXTRACTIONS AND OTHER
ORAL SURGERY PROCEDURES:**

A certain amount of *bleeding, pain, and swelling* is necessary.

TO CONTROL BLEEDING: Continue to bite on the gauze placed over the extraction site. Gently remove the gauze and replace it with a fresh, folded gauze pad every *one-half hour* or as needed until the bleeding subsides.

TO CONTROL SWELLING: Apply ice to the operated area *15 minutes on and 15 minutes off* for 4-5 hours.

TO RELIEVE PAIN: Begin taking the medication as directed by your doctor to minimize discomfort when the anesthesia wears off. For mild to average pain, use any over the counter medication that your prefer. (I.e. Aspirin, Tylenol, Advil)

DO NOT RINSE MOUTH TODAY: Tomorrow, rinse mouth *gently* every 3 to 4 hours (especially after meals) using *½ teaspoon of salt* in a glass of *warm* water. Continue this procedure for one week.

FOOD: A *liquid* or *soft food* diet is advisable during the first *24 hours*. (DO NOT drink through a straw. AVOID SMOKING and ALCOHOLIC beverages for up to 48 to 72 hours.)

FOLLOW-UP CARE: It is often necessary to return for a post-operative visit to remove any sutures and to make certain healing is progressing satisfactorily. A follow-up appointment will be scheduled if necessary.

The proper care following oral surgery procedures will hasten recovery and prevent complications. However, if you should have any problems such as excessive *bleeding, pain, swelling, or difficulty in opening your mouth*, call our office immediately for further instructions or additional treatment.

If your call is after hours, please call our emergency number, (516) 599-1959, and the doctor will call you back as soon as possible.