



Post Surgery Instructions

WHEN SHOULD YOU NOTIFY YOUR DOCTOR?

- If profuse bleeding continues after 3-4 hours of constant pressure on gauze
- If pain and/or swelling increases after three days
- If you experience an allergic reaction to any medications provided

If you have difficulty breathing or swallowing, VISIT THE EMERGENCY ROOM IMMEDIATELY

GENERAL INSTRUCTIONS

DO NOT:

- Do not rinse or spit for 24 hours after surgery.
- Do not exercise or lift heavy objects for 72 hours after surgery.
- Do not smoke for 72 hours after surgery.
- Do not drink with a straw or create any negative suction in the mouth for 72 hours after surgery.
- Do not drink alcohol for 24-48 hours.

DO:

- Homecare: Brush very gently on the surgical site
- Diet: Eat a softer diet for 24-48 hours as to not overwork the surgical site. Avoid foods with small particles to ensure site remains free of debris and irritation.

WHAT TO EXPECT AFTER ANY SURGERY

Bleeding: To control bleeding after surgery, place 1-2 pieces of folded gauze on surgical site and bite down for 10-20 minutes. Repeat this process until blood is **LIGHT** and **PATCHY** on the gauze. Gauze should only be required for the first 24-48 hours. If blood is **HEAVY** and **SOAKED** through the gauze after changing it multiple times, contact our office. If blood is pooling in your mouth at any point, call 9-1-1 or visit the emergency room immediately.

Swelling: To minimize swelling and bruising, apply ice packs at 10-20-minute intervals for **48 hours** consistently.

Discomfort: For any pain and/or discomfort after surgery, please take the following regimen:

1 Extra Strength Tylenol (500mg) with 2-3 Ibuprofen (400-600mg) every 6-8 hours, as needed.

Do not take any of the mentioned medication if you are allergic or have been instructed by your doctor not to take it.

For best results, follow this regimen for 3 days *whether or not* there is pain. The anti-inflammatory properties will help with healing.

Please contact Dr. Weiler with any further questions or concerns:

drweiler@thehamptonsdentist.com | call/text: (631) 998-3980

(If contacting after office hours, please send a text message to the office phone number listed above)