

**Louis Siegelman, D.D.S.**  
**Danielle Currier, D.M.D.**

119 West 57th Street, Suite 815 New York, NY 10019  
(212) 974-8737  
Dentalphobia.com

---

### **POST-SURGICAL INSTRUCTIONS**

1. Bite on gauze for 20 minutes. If bleeding persists, remove gauze and bite on fresh gauze for additional 20 minutes. Repeat if necessary. A certain amount of bleeding is to be expected following oral surgery. A little blood mixed with saliva may make it seem as though the site is bleeding more than it really is. If bleeding persists, sit upright, avoid exercise and bite on a moistened tea bag. If bleeding still persists, please contact office immediately.
2. In order to reduce immediate post-operative swelling, apply an ice pack to the affected area. The ice pack should be applied on and off for 20 minutes each hour. Swelling, discoloration and restricted jaw movements are expected, and can continue to develop especially on the second post-operative day.
3. Start with a clear liquid diet like tea, apple juice, and clear broth. If well tolerated, incorporate light soft foods which require little chewing such as pasta, mashed potatoes, and scrambled eggs. Treat yourself to some ice cream or frozen yogurt. Avoid chewing in the area of the surgery and stay away from crunchy, spicy, and hot foods.
4. Mild pain may be experienced as the anesthetic wears off. If you are able to tolerate Aleve, take 1-2 tablets before the anesthesia wears off. Take the prescribed medication as directed. If antibiotics are required, take as directed.
5. During the healing process, rarely small sharp fragments of bone may loosen and work through the gum. These fragments which are not roots usually work out on their own accord, but if annoying, return to the office for their removal.
6. Do not spit or rinse immediately following surgery for the first day. Do not smoke and or drink through a straw for at least 48 hours.
7. Maintain good oral hygiene following your surgery. Avoid brushing around the site on the first day, but resume carefully brushing the surrounding teeth the following day. Use gentle salt water rinses 3-4 times the next day to keep the surgery site clean.
8. In case of extreme pain, prolonged uncontrollable bleeding or any unusual disturbances call the office immediately **(212) 974-8737**. If the doctor is not in the office, call the doctor on his cell phone at (516) 376-5826.
9. Please keep your check-up appointment.