

CUSHING & RABINOVITZ, P.C.

ZORI RABINOVITZ D.M.D., M.S. ♦ MANUEL MOLINA D.M.D., M.S.

DIPLOMATES, AMERICAN BOARD OF PERIODONTOLOGY

PERIODONTICS AND DENTAL IMPLANTS

Postoperative Instructions

Medication:

To be taken 3-4 times per day (with meals and bedtime)-START ASAP AFTER SURGERY

1. 600-800 mg Ibuprofen (NSAID, i.e. Advil, Motrin) –maximum 2400 mg/day
2. 1-2 Extra Strength Tylenol, and/or the prescribed narcotic pain pill-maximum 3000mg/day
3. Take the antibiotic-as directed and until gone unless told otherwise

If a prescription pain medication is given, your doctor will instruct you on how to take it. If Tylenol III or Vicodin are prescribed, you may take it at the same time as the NSAID or Tylenol, but you must keep track of the maximum dose of acetaminophen (Tylenol) in 24 hours.

Use ice pack or crushed ice in a zip-lock plastic bag alternating 20 minutes on and 15-20 min. off for the first 24 hrs. Swelling may peak at 48hrs post operatively; therefore, continue with the medication as needed.

Bleeding:

Red saliva and oozing are very common in the first 24 to 48 hours.

If persistent bleeding occurs sit up and apply a moistened caffeinated tea bag with light pressure to the area for 20 min. If uncontrolled bleeding occurs or you have a concern, please call the office at any time. Tissue color may change to white or dark purple; this is a normal tissue healing process.

Diet:

Soft diet is advised. Chewing preferred on the opposite side of the procedure. If both sides were treated, please follow a soft diet. Avoid very hot liquids or foods initially as well as seeds or crunchy foods such as toast or popcorn. AVOID smoking. Keep adequate fluid and nutrition intake for proper wound healing.

Rinsing and Brushing:

An antimicrobial mouthwash may be prescribed. Rinse twice a day as directed for a period of up to two weeks post surgically. Warm saltwater rinses after you eat can contribute to healing.

Other over the counter mouthwash may be used if no prescription given. A soft brush will be given to you, very gentle brushing is recommended on the biting surfaces of the teeth at the surgical site. Avoid brushing the gums at the surgical site. Normal oral hygiene habits should apply to the rest of the mouth.

Activity:

Do not participate in any strenuous activity for 5 days. Walking and every day activities may be done. If a note to workplace or school is to be made, please let us know.

Questions or concerns...

During office hours you can call the office at **508-879-1100**

After hours please call the office at 508-879-1100 the answering service will have the Dr. on call paged.

If for any reason the answering services do not respond, please call Dr. Rabinovitz directly at 617-953-0925, Dr. Molina at 787-510-0124 or Dr. Alper at 508-982-4446