

# LHZ

## LAWRENCE H. ZAGER, D.D.S.

### POST SURGICAL INSTRUCTIONS

**HEALING:** DO NOT DISTURB the wound by touching it with your fingers, tongue, or a tooth pick because irritation, bleeding, and infection could result. The blood clot which forms over the areas is nature's way of healing and should not be disturbed.

- Do not drink carbonated beverages for 2 days.
- Do not smoke for at least 48 hours. Smoking may dislodge the blood clot and a dry socket may form.
- Bite on your gauze, compressing it for a half hour without moving it. Very slight bleeding, which may be noticed as streaks of blood in your saliva, is normal. You may moisten fresh gauze and place it over the area, then bite firmly for one hour. If the bleeding is excessive, place a tea bag over the wound and bite firmly for one hour.

**MEDICATIONS:** Take your medications exactly as directed. Do not change the dose or frequency unless directed by Dr. Zager. Promptly report any reaction or upset that seems to come from taking your medication. At the time of such an occurrence, cease all medications and call our office.

Taking antibiotics (e.g. Amoxicillin, Penicillin, Erythromycin, Cleocin, and Clindamycin) may reduce the effectiveness of birth control pills. Therefore, other precautions should be taken.

Take pain medication at the first sign the numbness is wearing off. Begin other medications according to your schedule (Examples: 7, 3, and 11 or 6, 2, and 10 or 8, 4, and 12).

- Expect moderate swelling for 3-5 days after surgery. This is normal. The swelling should decrease on the third day. Mild skin bruising may accompany this. Place the ice pack on your cheek for 20 minutes on, 20 minutes off, repeating this cycle for the first 24 hours. After the initial 24 hours, repeat the same cycle using moist heat. This will help to minimize and dissipate any swelling.
- Expect some soreness around the extraction site. This should be of low magnitude and last only a few days.
- Begin cleaning the site 24 hours after surgery. Brush your teeth as normal. Use 1 teaspoon of salt in a glass of warm water as a mouth rinse. You should do this after every meal and once in between meals.
- Occasionally, bone fragments may work their way out of the tissue after the teeth are removed.

#### Diet After Oral Surgery

|              |                           |            |   |
|--------------|---------------------------|------------|---|
| • Ice Cream  | • Mashed Potatoes         | • Pasta    | • Baby Food (Mashed Bananas)                        |
| • Yogurt     | • Soups (Cream or Broth)* | • Rice     | • Jell-O  |
| • Pudding    | • Macaroni & Cheese*      | • Eggs*    | • Instant Drink Mixes (Ensure, Slim Fast), NO STRAW |
| • Applesauce | • Cheese Slices           | • Oatmeal* | • Milk Shakes, NO STRAW                             |

\*Remember, nothing hot until the numbness wears off. Food may be eaten at room temperature. Diet as tolerated after 2-3 days. Avoid chips, tacos, peanuts, popcorn, and nachos until wound closes.