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POST OPERATIVE INSTRUCTIONS

BLEEDING – Some bleeding following surgery is normal and to be expected. The saliva may be blood tinged for 24-48 hours. Remove gauze 1 hour after leaving the office. If bleeding persists, place a piece of rolled gauze (or a moist teabag wrapped in gauze) over the surgical site and bite down with pressure for 30 minutes. The gauze should be bulky enough to prevent the upper and lower teeth from meeting when biting firmly. **DO NOT RINSE YOUR MOUTH AND DO NOT SPIT** the blood or saliva out. During this period after your surgery lie quietly and keep your head elevated. Repeat with another rolled gauze or teabag if bleeding persists. **DO NOT EAT OR FALL ASLEEP WITH GAUZE IN YOUR MOUTH. DO NOT SMOKE!** SMOKING WILL INCREASE THE CHANCE OF A “DRY SOCKET” FROM OCCURRING.

If bleeding persists after proceeding as above, examine the surgical site for an extruded clot. This is a mass of dark colored rubbery material which projects from the surgical site and may extend along the adjacent teeth. If this is present remove all of it by wiping gently with a piece of dry gauze.

PAIN – If pain is mild it can be controlled with an aspirin free product. If you have been given a prescription for relief of pain use it as directed. Take the medication with some food and avoid alcohol.

SWELLING – Apply an ice bag to the **OUTSIDE** of the face in the area of surgery for 20 minutes per hour for the first 24 hours after surgery (20 minutes on and 40 minutes off). **DO NOT USE ICE LONGER THAN 24 HOURS AS HEALING MAY BE DELAYED.** Swelling is not uncommon after 24-48 hours and may last for several days. Discoloration (black and blue) of the skin of the face and neck may occur within 10 days following surgery and should be no cause for alarm.

RINSING – **DO NOT RINSE MOUTH FOR 24 HOURS AFTER SURGERY.** After this time use teaspoon of salt in a glass of warm water and gently rinse, three to four times a day after meals. Continue rinses for one week. Patients who have had impacted wisdom teeth removed should rinse for one month.

BRUSHING – Do not brush today. Resume brushing, flossing, etc. tomorrow. Avoid the surgical site for one week.

DIET – Soft and bland foods are advisable for the first 24 hours. Drink large amounts of fluids (water, fruit juices, milk, etc.). Let hot foods and drinks cool down first. **DO NOT USE A STRAW** (due to the pulling action) – drink out of a glass or cup. If there is any nausea, cola drinks or ginger ale are helpful.