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POST-SURGICAL INSTRUCTIONS

Bleeding

Bleeding is well controlled prior to your discharge. However, some amount of bleeding is perfectly normal. If gauze was placed in your mouth keep it in for approximately 1-2 hours. You may replace this gauze as needed with new gauze given to you. Apply pressure with gauze manually or by biting with gauze over the surgical site if bleeding continues. If you run out of gauze you may use wet tea bag or purchase gauze from any pharmacy. Refrain from vigorous rinsing and spitting for the first 24 hours to prevent blood clot destabilization. If profuse bleeding unexpectedly occurs and is uncontrollable, contact the office.

Swelling

Immediately following surgery, apply cold packs to the face adjacent to the affected surgical areas for the first 2-3 hours to reduce swelling. Cold packs are to be applied intermittently 20 minutes on, 10 minutes off. Simply place crushed ice within a heavyduty sandwich bag and apply as directed. Starting on the third post-operative day, heat packs may be used in the same manner as above to reduce swelling. Moderate swelling is normal. As long as you are comfortable, do not be alarmed.

Discomfort

Moderate amounts of discomfort can be expected from all minor oral surgical procedures. Take the first dose of pain medication prior to the local anesthesia wearing off. Continue taking the prescribed pain medications as directed. Do not allow the pain

to catch up with you. Take the medications on schedule to help control as well as prevent the pain. If severe pain occurs or if you are uncomfortable and cannot gain relief by taking the prescribed medications as directed, please contact the office. Medications It is imperative that you take all medications as prescribed. If antibiotics are prescribed to prevent infection they must be taken as directed to be effective. Anti-inflammatory and pain medications are prescribed to prevent and reduce swelling as well as pain. If itching, rash, or labored breathing occur while taking the prescribed medications, discontinue all medications immediately and contact the office or go to a hospital emergency room.

Numbness

Long acting local anesthetics are commonly used. Therefore, you may expect numbness of the gum tissues, lips and tongue for as long as 12-24 hours. Great care must be exercised to prevent biting or maceration of the lips and tongue. If numbness persists after 24 hours, contact the office.

Bruising

Minor amounts of bruising around the cheeks, lips, neck and face are normal. However, if the bruising extends over the neck area and enlarges over your chests please contact the office.

Sutures

Do not disturb your stitches. Both dissolvable and non-dissolvable stitches are commonly used. Dissolvable stitches will begin to untie in 1 to 2 weeks. Non-dissolvable stitches will be removed during the first or second post-operative visit. If you feel the stitches are coming undone before 3 days or if you feel loose excess gum tissue, please call the office.

Diet

Following surgery, a SOFT diet must be maintained for at least one week in order to minimize trauma to the surgical sites, which can effect healing. In some situations, a longer period of time is required. Your treating doctor will discuss this with you if you require a longer soft diet period. Try to chew on sides not affected by surgery if possible.

Hygiene

A special mouth rinse, Peridex (or its generic) may have been given or prescribed to you. Rinse with this solution two to three times per day for 30 seconds at a time. Toothpaste interferes with Peridex. Therefore, rinse with the Peridex one-hour before or after toothpaste use, or discontinue toothpaste use with tooth brushing. Peridex is an antibacterial agent and will help keep the healing surgical areas clean. DO NOT BE ALARMED if Peridex causes tooth staining or changes taste perception. The STAIN IS REMOVABLE and taste sensation will return when Peridex is discontinued. In addition

to the Peridex rinsing, (or if Peridex was not prescribed) continue brushing as usual in all other areas (excluding the surgical sites), using a medium or soft bristle toothbrush, and exercise great care to prevent trauma from your toothbrush to the surgical sites.

Surgical Dressings

Following certain surgical procedures, a periodontal dressing may be used to cover and protect the surgical site. If a dressing was placed in your mouth, try not to disturb it with hard foods or by brushing. It is common for pieces of the dressing material to come loose. If this occurs within the first two days following surgery, call the office. The area may need to be re-dressed. If the dressing comes loose after this time, continue with proper oral hygiene as outlined above.

Activity

Avoid driving a motor vehicle or operating machinery when taking pain medications. Limit moderate and high physical activity for two weeks following surgery. This includes jogging or running, aerobics, and heavy housework. Walking and light housework is permitted as tolerated.

Alcohol and Tobacco

Refrain from alcohol consumption for 24 hours following surgery and 48 hours if IV anesthetics were used. Smoking severely compromises tissue healing. Refrain from smoking for at least 2 weeks following surgery.

Post Surgery Diet Suggestions

It is very important that you eat well-balanced, nutritional meals. Increase consumption of liquids. This is not a proper time to diet or restrict caloric intake. Following surgery a soft diet is recommended. Avoid hard and crunchy food such as granola bars, chips, popcorn, nuts, and raw vegetables. Avoid very hot and spicy or highly seasoned food since they can irritate tissues. Below is a list of foods that will be easy for you to consume during the healing period:

Soups: broth, creams, tender meats, fish, chicken, oatmeal, applesauce, pasta, rice, noodles, mashed potatoes, scrambled eggs, blended foods, shakes steamed vegetable juices, milk, puddings, yogurt, ice cream, and nutritional drinks (i.e. Ensure, Sustical),

IF YOU ARE HAVING AN EMERGENCY CALL 911