

### **BLEEDING**

Some blood will stain your saliva. This is normal. Oozing may be controlled with ice cold water held (not rinsed) over the dressing for a few minutes.

If continuous bleeding occurs, discontinue any rinsing, avoid exertion and do the following: Moisten a tea bag (preferable), or a gauze pad. Place it on the tongue side of the dressing and a second one on the cheek side. Hold against dressing with thumb and index finger. Then apply CONTINUOUS FIRM pressure to both sides of the dressing for 20 minutes, WITHOUT removing for inspection. If bleeding persists, call this office.

### **FEVER**

A slight fever or chills may occur; it is of no consequence unless it persists more than 24 hours. A persistent low-grade temperature or one above 102 degrees should be reported.

### **FUTURE APPOINTMENTS**

You will have been given appointments to change or remove the dressings. They should be kept as scheduled.

### **QUESTIONS**

If any questions occur, do not hesitate to contact this office. After office hours, the doctor can be reached through the answering service.



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**POST  
OPERATIVE  
INSTRUCTIONS**

Complete rest these next few (6-12) hours will ensure early, comfortable and complete healing. This is the time to be good to yourself. You deserve it!

### **COMFORT**

Comfort will be maintained by taking two Tylenol as often as every three hours, the first day. In as much as aspirin is an anticoagulant, an aspirin substitute, such as Tylenol, Datril, Nebs, etc. (their chemical name is acetaminophen) is preferred during the early healing period.

You may be given a prescription to enhance the effects of the Tylenol during the first 24 hours. This is to be taken when you *FIRST NOTICE* discomfort (as you may, when the anesthesia wears off). *DO NOT WAIT* for it to become severe, before taking the medication! Continue taking Tylenol and medication, tapering off to Tylenol alone, when the prescription is no longer needed. Do not drink alcohol while taking the special prescription. In any case, do not take any medication on an empty stomach, or nausea may result.

A Chloraseptic lozenge or mouth rinse may be used to relieve a sore throat, should it occur.

### **SPECIAL MEDICATION**

Antibiotics or other medication may be prescribed. Take as directed on the label and until all tablets are used.

### **DIET**

The importance of a nutritious diet cannot be overly stressed *AND* particularly during this healing period. The patient who eats good soft foods; feels better, remains comfortable and heals faster. A hungry person becomes irritable and nervous. It has been scientifically shown, that a person in this state is more susceptible to pain.

Avoid eating on the treated side, if possible. A liquid diet may be used for the first one or two meals, such as: milkshakes,

Metracal, Instant Breakfast, fruit juices and warm soups, etc. Avoid hot liquids the first five hours after surgery.

Soft foods can be eaten until you feel ready to go back to your regular diet. The following require little pressure to chew and provide the necessary nutrients: eggs, cottage cheese, ground meat, bananas, cooked fish, cereals, and whole wheat bread. Vitamin C aids healing. Therefore fresh orange and/or tomato juice is excellent. You should continue your usual vitamin supplements.

### **DRESSING**

The dressing used to cover the treated area is helpful in maintaining comfort. It may be brushed *VERY LIGHTLY* to keep it clean. If small pieces of the dressing fall off, it is of no concern unless it becomes uncomfortable.

If you have a removable bridge and it has been seated over the dressing-*DO NOT* remove it for 72 hours. Only then, remove it carefully to clean. Then lubricate the part that touches the dressing with Vaseline and reseat.

### **ORAL HYGIENE**

If you wish, you may *GENTLY* rinse with lukewarm salt water or mouth wash. Vigorous and/or frequent rinsing, however, is to be avoided. Your usual plaque control procedures should be continued in the non-treated areas of your mouth.

### **SWELLING**

Apply an ice bag to the outside of your face, over the treated area for fifteen minutes on and fifteen minutes off. Ice wrapped in a towel, works nicely. Continue as long as needed.