

INSTRUCTIONS FOLLOWING SURGERY

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Our office and staff is here to ensure your recovery from today's procedure is as smooth and trouble-free as possible. Please observe the following:

- 1. Apply ice to the area of surgery for the first 24 hours. This will help to minimize swelling, which will peak after the 2nd day.
- 2. If pain medication is prescribed, take them with fluids or a meal to avoid nausea and vomiting.
- 3. We have ensured that there is no active bleeding when you left the office today however, there may be some oozing in the first 24 hours. If so, bite down on a moistened gauze pad or tea bag for 20 minutes. Your saliva may look red or pink tinged for the first day. If there is any doubt, call the office.
- 4. Do not rinse or spit today as this may cause bleeding. Brush teeth starting tomorrow. Avoid strenuous activity for the first 48 hours to prevent bleeding.
- 5. Cold liquids and soft solids are best for the first 1-2 days. Do not use straws for the 1st day. You may resume your regular diet when it feels comfortable. Start salt water rinses tomorrow after each meal to help the tissues heal (1 tsp salt in 8 oz. warm water).
- 6. Avoid smoking for the first 24-48 hours to improve healing of tissues.
- 7. If stitches were used, they will start to dissolve in 3-5 days.
- 8. Call the office at any time (days, nights, weekends) if you have questions or concerns. We would like to know of any increasing pain, swelling or difficulty swallowing persisting beyond the first 4-5 days.
- 9. Additional instructions: _____

It is our hope to make your recovery period as smooth and comfortable as possible. There is always a doctor available to take your call or see you if the need arises. Thank you.

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