

Dr. Francis J. Cusumano D.D.S.  
POST OPERATIVE INSTRUCTIONS



**NO SMOKING**



**NO SPITTING**



**NO ALCOHOL**



**NO STRAWS or CARBONATED DRINKS**

**NONE OF THE ABOVE ACTIVITIES FOR THE NEXT 5 DAYS**

**30 MIN. AFTER SURGERY:**

- Bite on gauze for 1 hour. Bleeding is to be expected following oral surgery.
- The packs may be gently removed after one hour. The gauze may then be changed as necessary.
- DO NOT RINSE MOUTH FOR 24 HOURS.
- Do not suck on anything or drink through straws for the next 5 days.



To control swelling, place ice packs (towel filled w/crushed ice) on the side of the face. Ice can be used through the 3<sup>rd</sup> post-operative day.

- Swelling is not uncommon and may take several days to heal.



Teeth should be given their usual care, be gentle in the area of the surgery.

- Do not participate in any of the activities listed at the top of this page for 5 days.

**45 MIN. AFTER SURGERY:**

- If you take the first pill before the anesthetic has worn off, you should be able to manage any discomfort better.
- Remove gauze & check for drainage.



If still bleeding, place another piece of gauze or a damp tea bag on area & bite firmly for at least 30 minutes to an hour.

- May need gauze packs placed over surgery site(s) for up to two (2) hours.



Lie down & Keep head elevated until bleeding stops.

- Slight draining may persist for up to 48 hours.
- Discomfort may follow as the anesthetic wears off.



**STRICTLY** follow the directions given with any medications.

**\*\*No driving or operating heavy machinery should be attempted while taking pain medication.**

- Only eat cool, soft foods and liquids on the day of surgery.
- Avoid anything hot or chewable.

**24 HRS AFTER SURGERY:**



Eat soft foods and maintain a high fluid intake while healing.

- Return to your normal diet when comfortable in 5-7 days.
- Rinse 5 to 10 times DAILY gently with warm salt water (1 tsp. salt per glass of warm water) for 1 week, especially after eating.
- **Do not participate in any of the activities listed at the top of this page for 5 days.**

If pain or swelling occurs after the area has apparently healed or should any condition arise that appears unusual, please contact us:

**Dr. Francis J. Cusumano**

Office (919) 661-1995

After Hours (919) 819-4288



**\*\*\*BIRTH CONTROL PILLS MAY NOT BE EFFECTIVE WHILE TAKING ANTIBIOTICS\*\*\***