



# CARNEGIE

ORAL & MAXILLOFACIAL SURGERY



### No Spitting for 1 week

Spitting increases the risk of a dry socket.



### No Smoking for 1 week

Smoking increases the risk of a dry socket.



### No Driving

Avoid driving for 24 hours after surgery if you were **sedated**.



### No Straws for 1 week

Drinking through straws increases the risk of a dry socket.



Remove gauze 20-30 minutes after leaving the office. If bleeding persists, replace with new gauze 20-30 minutes. No need to replace when pink.



Apply ice packs to the face 20 mins. on, followed by 20 mins. off for 24-48 hours.



Have prescriptions filled at the pharmacy as soon as possible.

Please see attached instructions sheet.



To avoid feeling dizzy and lightheaded, keep head elevated when resting.



Tomorrow, begin rinsing by tilting your head side to side and let solution fall into the sink. No spitting!



Tomorrow, resume brushing teeth gently twice per day avoiding surgery site.



Swelling and/or slight bruising may become noticeable on the 3<sup>rd</sup> or 4<sup>th</sup> day.

You can STOP icing and switch to a warm moist heat compress. Massage cheek gently and it will reduce over time.

## Diet

(Cold --> Warm and Soft Foods)



Ice Cream



Yogurt



Jello



Pudding

Smoothies ok, no straws! Mash avocado, hummus, **no** nuts or grains that can get stuck in surgery site. Nothing chewy.



Soup



Mashed Potato



Pasta



Scrambled Eggs

Please follow these instructions for about a week. If you have any questions or you notice anything unusual, call the office at 646.895.9680  
If you need to reach Dr. Ostuni **after 5:30PM** you may do so by calling or texting him at 347.285.3597