

MEDICATION SCHEDULE & PAIN MANAGEMENT

ANTIBIOTICS:

- If prescribed, take antibiotics as indicated.

PAIN CONTROL:

- Eat something prior to taking your medications a few hours after arriving home

First dose ONLY:

- Take 1 Ibuprofen 600 mg and 1 Tylenol Extra Strength **together**. **Note time taken.**

3 hours later: 1 Tylenol Extra Strength

3 hours later: 1 Ibuprofen 600 mg

3 hours later: 1 Tylenol Extra Strength

- You will alternate between these two medications every 3 hours
- This keeps a steady amount of pain medication in your system

If your discomfort is adequately controlled 24-48 hrs, switch to an "as-needed" basis

If your pain remains **severe** after 48 hrs despite this alternating regimen, **please call the office**

If you have any questions or notice anything unusual, call the office: **646-895-9680**

You can reach the Doctors after **5:30PM**
Please text: **585-326-3036**

PROCEDURE-SPECIFIC INSTRUCTIONS

TOOTH EXTRACTION:

Bottom Teeth:

- If food is getting stuck in the extraction site(s), fill the plastic syringe with salt water or diluted Listerine to gently dislodge any food debris to avoid infection.

Top Teeth:

- Gravity will naturally prevent food from becoming trapped
- Bathe area with salt water after every meal

BONE GRAFTING:

Do not vigorously swish in your mouth

- Use salt water or diluted listerine to bathe area by gently tilting your head side to side
- Avoid carbonated/acidic beverages.
- Avoid coffee (acidic) for at least 72 hours.
- Avoid disturbing the area with your tongue

BIOPSY:

Stop bleeding by biting on gauze

Ice pack and/or let ice cubs melt in your mouth

Stay away from spicy and acidic foods

- These foods can agitate the area and increase bleeding

Schedule your follow-up appointment for approximately a week after surgery by calling the office



CARNEGIE
ORAL & MAXILLOFACIAL SURGERY

POST-OPERATIVE INSTRUCTIONS

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NO SMOKING



NO SPITTING

Let it flow out



NO STRAWS



You will leave the office with gauze in your mouth, remove when home, bleeding should subside by end of the day

Put in new gauze:

- Fold and gently bite gauze
- Change every 30 minutes
- **STOP** using when gauze is **PINK**: this means the bleeding has SLOWED CONSIDERABLY

DO NOT SLEEP/EAT WITH GAUZE IN YOUR MOUTH

24-48 HOURS POST-OP



Apply ice to the outside of your face

- 20 minutes on, 20 minutes off
- Use a cloth barrier between ice pack and skin



Elevate your head when resting or sleeping

- This reduces swelling, nausea, and bleeding



Avoid eating hot foods right after surgery

- You can burn or bite your tongue/lip



Avoid strenuous activities

- Ex: weight lifting, bending over, intense cardio

DAY AFTER SURGERY

Begin rinsing with salt water after meals

- Mixture: **8 oz water, 1 tbsp salt**
- Gently tilt your head side to side; do not vigorously swish
- **Do not spit**, let it flow out



Resume brushing your teeth 2x per day

- Brush teeth next to surgical site gently



3-4 DAYS POST-OP

*Swelling and/or bruising is normal and may increase in size before it starts to subside

Stop icing and switch to a warm compress

Massage cheeks gently



COMMON QUESTIONS



When will the bleeding stop?

Bleeding may persist through the day after surgery and may occur after eating. If blood is pooling in your mouth, bite firmly on gauze. **Stop** using the gauze when it is **LIGHT PINK**.

When will the numbness wear off?

Numbness may last through the next morning since our doctors use long-acting local anesthetic medication.

How long do I need to rinse with salt water?

Please salt water rinse for at least 7 days after your procedure to clean the site and prevent infection.

How long should I take pain medication?

Follow the instructions on the back of this brochure.

Call/text the office for severe pain.

DIET

First 2-3 Days:

Soft foods

Warm and cold foods

Examples:

- Ice cream
- Pudding
- Jello
- Yogurt
- Scrambled eggs
- Hummus
- Ground/shredded meat
- Mashed avocado or potatoes
- Soup
- Pasta
- Yogurt
- Protein shakes
- Tofu
- Smoothies (but NO straws or seeds!)

Stay away from:

- Extremely hot/warm foods
- Crunchy foods
- Acidic foods
- Popcorn
- Rice
- Nuts
- Small Seeds



THESE FOODS CAN IRRITATE OR GET TRAPPED IN THE SURGICAL SITE

3-4+ days:

Start building to normal diet

- This will depend what you are able to tolerate

Continue to stay away from:

- Crunchy foods
- Popcorn (even a month later)
- Nuts
- Small seeds