POST-SURGICAL INSTRUCTIONS

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**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date of Surgery** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wound Care ⬩ Infection Control

**WHAT to DO** >

* **Oozing** | Gauzes may be necessary if oozing is constant
* **Swelling** | May be greatest on the day after surgery |can  
  be controlled with Quercitin| ½ dropper for 4 - 6 times/day
* **Sutures** | Torn or loose sutures or a loose “membrane” should be reported to the office
* **If instructed rinse mouth GENTLY with Colloidal Silver and swallow** | 500 mg 2 - 6 doses/day
* **Wounds that fail to close may require a follow-up**with a syringe to direct salt water into the wound to  
  disinfect and dislodge food

**POSSIBLE COMPLICATIONS**

* **Osteonecrosis** | patients who have ever taken  
   bisphophonate drugs for osteoporosis or chemotherapy  
   (to prevent bone metastasis) may have severe complica-  
   tions and bone infections
* **Sinus Perforation** occurs when roots perforate the sinus  
   which when removed, leave an opening in the sinus, which  
   must be repaired with a bone graft and collagen membrane  
   and must be followed up regularly | **DO NOT SNEEZE** (bone  
   pellets may fall out and into the mouth).

Pain Control

**WHAT to DO** > Report severe pain immediately to the office

* **White Willow Bark** is the plant derivative of aspirin and  
  can be found standardized (*Nature’s Way* – purple bottle)  
   **○** Take 2 - 3 capsules every 2 - 3 hours
* **White Arnica and Calendula** pellets can be dissolved  
  in a glass of water (separately if taking both) and sipped slowly over a period of time
* **NSAIDS Aspirin, Ibuprofen and Tylenol** can be taken  
  as a first choice or a backup to other analgesics   
   **○** Take 2 - 3 tablets every 4 hours  
   **○** Take 4 tablets every 3 hours for severe pain  
  If other remedies fail to ease pain, continue to take those  
  as they may lessen the need for NSAIDS (which increase  
  the risk of oozing and hemorrhage)
* **Antibiotics** Severe pain should not last more than a day  
  or two and may require an immediate antibiotic  
  **First Dose:** 2 pills to start | **Daily Dose:** 1 pill 3 times/day  
  Best taken one hour after a meal – if taken before can  
  cause indigestion or malabsorption (nutrients not ingested)
* **Probiotics such as Acidophilus or Bifidus** (available at health food stores) should be taken ½ hour before a meal to assist with digestion, as they combat the damaging effects  
  of antibiotics which destroy healthful bacteria that help the body with absorption and immune function in the gut   
   **○** Take 1 - 2 caps if there is no gastrointestinal stress   
   **○** Take 3 - 4 if severe GI stress or diarrhea result

Supplements to Assist with Healing

* **Vitamin C** | 500 mg up to 4 times/day (buffered preferred)
* **Zinc** | 50 mg /day
* **Folic Acid** | 800 mcg /day
* **Herbal Tinctures** |Tap bottle 5 - 10 times | Take 2 drops  
   under the tongue and hold for 10 seconds  
   **○ Infect HP** (1 tsp to a full glass)  
   **○ Post-Dent Surge Tone** (5 - 10 ppm)  
   ACUTE (day of surgery) Every ½ to 1 hour  
   RECOVERY (day 2 to 3) Every 1 - 2 hours  
   HEALING (day 4 - 14) Continue 4 - 6 times/day
* **Rinses** | ½ dropper 4 - 6 times/day or 1 dropper 3 times/day **○ Sea salt and warm water** (1 tsp to a full glass)  
   **○ Colloidal Silver** (5 - 10 ppm)

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➊ BEFORE the SURGERY

Meals ⬩ Supplements ⬩ Medication

**WHAT to DO** > **Eat a large meal containing protein the morning of your surgery  
or any dental procedure**

**WHAT NOT to DO** >

* **Do NOT take Vitamin C the day of a dental procedure or surgery that requires  
   local anesthetic** (like Novocaine) – the vitamin will inactivate the anesthetic |  
   Vitamin C can be taken after surgery
* **Do NOT take Omega 3 (found in fish oils) or NSAIDS** (Aspirin and Advil-based  
   medications) 3 days prior to surgery or blood may not coagulate
* **Discontinue use of blood thinners – Coumadin, Plavix or other anti-coagulants –  
   4 - 5 days before surgery** | Patient must be under the care of a physician

➋ DAY of the SURGERY

Healing begins as soon as the bleeding stops | Forming a blood clot

**WHAT to DO** > **Bite down on the cotton gauze rolls (provided) until bleeding stops** –

when the bleeding stops a clot will form, which will protect the site from pain and infection

**WHAT NOT to DO** >

* **Avoid sipping from a cup, spoon or straw** – the pressure may dislodge the clot
* **Do not spit or rinse** –tilt your head to the side and dribble ­­­– you may drink water  
   if you do not sip but use gravity to swallow
* **Do not smoke for as long as instructed** –smoking will result in pain, infection  
   and failure
* **Do not put ice on your face** – ice cuts off the blood supply to a wounded area and  
   can result in bone death (Osteonecrosis), which can cause infection (Osteomyelitis)
* **Be careful eating**– eating may infect the site or dislodge the clot. Eating scrambled  
   eggs on the other side of the mouth minimizes trauma to the site.
* **Do not brush your teeth the first day of surgery**

**POSSIBLE COMPLICATIONS**

* **Abnormal bleeding (hemorrhaging) may occur if you dislodge or disturb  
   the clot** or after anesthesia wears off or for no apparent reason

**WHAT to DO** > **If excessive bleeding occurs, use a moistened black tea bag**(such as Lipton) and place it on the site | Bite gently, but be careful NOT to break  
the tea bag open in your mouth

Sleeping or Resting

**WHAT to DO** > **Sleep at a 45🌣 degree angle with 2 pillows under your head  
to keep the surgical site elevated above the heart to prevent hemorrhaging**

* If you have an extensive wound or a lot of oozing, you may sleep with a gauze  
  roll in your mouth or a black tea bag next to the bed if bleeding occurs at night

➌ ONE DAY AFTER the SURGERY

Mealtimes

**WHAT to DO** >

* **Eat soft foods (protein and vegetables) for a week after surgery**
* **After eating, gently rinse with warm water and sea salt** – Do not use salt with  
   anti-caking agents such as aluminum, which may compromise your immune system

**WHAT NOT to DO** >

* **Avoid sugar in all forms (drinks, shakes, alcohol, sweets)** as sugar is known to  
   compromise the immune system raising the possibility of infection
* **Avoid acid beverages such as coffee and orange juice** which may disturb the site

Tooth Care

**WHAT to DO** > **You may brush your teeth the day after surgery,** but do not brush  
the wound or sutures | A wet Q-tip may be used to clean the surgical site