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