

## POST SURGICAL INSTRUCTIONS

1. You may have several prescriptions; one is for pain. It should be taken as required for comfort. If one capsule does not give complete relief, a second dose may be taken in 30 minutes. The other prescriptions are for different purposes and you are to take them as prescribed until all are used.
2. Immediately following surgery, ice should be applied to your face over the area operated on, using it for 10 minutes and then leaving it off for 10 minutes. This should be continued for several hours since it helps to prevent pain and swelling. The day after surgery, heat may be more soothing than cold; if so, a heating pad may be used.
3. The material that is around your teeth is periodontal surgical dressing. Small particles of the dressing may chip off, but this is of no importance unless it causes pain by exposing the wound. Should you have pain as a result of breaking the dressing, please call the office.
4. You should avoid hard foods that require heavy pressure for mastication. To avoid an upset stomach, you should keep some food in your stomach at all times; such as milk, milk shakes, malted milk, mashed potatoes, eggs, ice cream, soups, or cooked cereals. Alcoholic beverages can be used in moderation but alcohol should not be taken with sedatives.
5. When the stomach is severely irritated, all medication should be temporarily discontinued and you should slowly eat crackers and sip Coca-Cola at frequent intervals in an effort to settle the stomach.
6. There will be blood in the saliva for a few hours after the operation. If there is considerable bleeding, try to find the spot that it is coming from and hold a piece of gauze or wet tea bag over it between the thumb and index finger, applying pressure to both sides of the dressing. Hold with firm pressure for 20 minutes without removing for examination. If this does not stop the bleeding, call the office, or if it is after hours, call Dr. Borello at home. Do not try to stop the bleeding by rinsing.
7. Beginning tomorrow, you may rinse every few hours with water. The purpose of rinsing is to remove food particles and maintain oral hygiene by a flushing action.
8. Brushing in the usual manner is impossible, but you can brush the exposed surfaces of your teeth and the sides of the dressing
9. You may have a brief feeling of weakness or chills during the next two days.
10. Example food that supply nourishment with little if any mastication necessary for swallowing:

Broth	Jello	Malted milk	Bread	Ground Meat
Soups	Cereals	Milk shakes	Eggs	Cheese
Ice Cream	Beef Juices	Banana	Potatoes	Vegetable Juices
Ices	Baby Foods	Gelatin	Tapioca	Custards & Puddings

Fruit juices and food supplements such as Ensure are highly recommended for temporary use when mastication is difficult or impossible. Avoid highly seasoned foods.
11. You may experience more discomfort the second half of the week than initially. This is normal during the healing sequence, If so, take your pain pills as needed.

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