



POST SURGERY INSTRUCTIONS

The following information will explain how you should care for yourself after your procedure.

DISCOMFORT

1. Dr. Moglianesi will prescribe an anti-inflammatory medication that you should take for the first two days following the procedure. This may be a prescription or over the counter.
2. One of the following medications should be taken for pain and swelling:
 - a. ANAPROX DS (naproxen) 1 tablet every 8-12 hours for at least 2 days
 - b. MOTRIN (Advil, Ibuprofen) Over the counter 400-600mg every 6-8 hours for 2 days
 - c. TYLENOL(Acetaminophen) 2 tablets every 6-8 hours

INFECTION

An antibiotic may be prescribed and must be taken as prescribed. Please take the entire dose.

ACTIVITY

No strenuous activity for a week. Limit head movement for 5 days following surgery. Minimize talking that day.

SWELLING

Some swelling may occur and peak at 48-72 hours. To minimize swelling, apply ICE PACKS to the outside of your face for 10 to 15-minute intervals for the day of the surgery only. **DO NOT SPIT OR RINSE FOR THE ENTIRE WEEK. DO NOT DRINK THROUGH A STRAW FOR THE WEEK.**

BLEEDING

There may be a pink discoloration in your saliva for a day or two. Should bleeding occur, place a moistened tea bag over the area and hold pressure against the site for 15 minutes until the bleeding stops. If bleeding persists, call the office immediately.

DIET

Soft foods should be consumed on the side where the surgery was done. Liquids are fine, but very hot foods should be avoided.

NO SMOKING OR ALCHOLIC BEVERAGES FOR THE WEEK

ORAL HYGIENE

Please perform brushing and flossing and normal dental hygiene on all areas of your mouth except the surgical site. Do not brush the surgical area until you see Dr. Moglianesi in 1 week.

PROBLEMS OR QUESTIONS

If you need to contact Dr. Moglianesi after hours, he can be reached on his cell at **908-310-3650**.