

**SCOTT D. SAZIMA D.D.S.**  
PRACTICE LIMITED TO PERIODONTICS

Patient Information:

**POSTSURGICAL INSTRUCTIONS**

These instructions apply to the surgical procedure just completed. They are designed to instruct you in procedures that will minimize postsurgical discomfort and inform you of situations that may possibly require special attention.

1. **DISCOMFORT:**

It is not unusual to have a certain amount of discomfort for a day or two following your surgical procedure. In many instances, two Aleve, three Advil, or three Tylenol taken every 6 hours, but not more than eight tablets daily, will be sufficient to relieve discomfort. In most cases, you will be given a prescription for a more potent medication to insure you of a mild postsurgical recovery period, especially during sleep hours. Please use this medication only if needed for the control of severe discomfort and never take these medication with alcohol. Even though your medical history is always reviewed, it is important to let Dr. Sazima and his staff be aware of any other medications you are presently taking, as well as any medical changes, including allergies, upper GI tract disease, kidney, or liver impairment.

2. **SWELLING:**

Minor swelling may follow your surgical procedure. To prevent or minimize swelling, it is advisable to place an ice pack over the area, ten minutes on and five minutes off, for the next four to six hours. This is especially true for surgery in the lower jaw, as gravity causes greater swelling here. Remember, the utilization of a cold compress to reduce swelling is only effective if used immediately after the surgical procedure or at least within the first 12 to 24 hours. If a lot of swelling has occurred after 24 hours, ice will further numb the area, although not reduce swelling appreciably. Bruising of the skin ( a black and blue mark) may develop over the side of the face. This will heal by itself within a few days.

3. **BLEEDING:**

A small amount of bleeding is all that is necessary to discolor your saliva. Do not be alarmed, as this is normal. Avoid strenuous activity or exercise, as this can cause the surgical site to bleed. Please also refrain from smoking, as this also causes bleeding by the negative vacuum caused inside the mouth while inhaling a cigarette or straw. If excessive or continuous bleeding should occur, apply a moistened tea bag to the immediate area for twenty minutes, and repeat as necessary. The natural ingredient in tea bags will help clot the area. Do not rinse until night time of the day of the surgery. After, rinses five or six times a day with warm water or mouthwash and water, just to keep area clean.

4. **DRESSING:**

The dressing, which acts as a bandage, is used to protect the surgical site and help reduce discomfort. If small pieces fall off, it is of no concern, unless the area becomes quite uncomfortable. If large portions of the dressing fall off, please call this office.

*Please See Back For More Instructions*

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## **POSTSURGICAL INSTRUCTIONS (Continued)**

### **5. DIET:**

Do not eat on the side that was operated upon for as long as you can. Avoid very hot foods and liquids for two hours, as they cause bleeding. Diets rich in quality protein or Vitamin C and Vitamin B are especially desirable. Foods such as liver, meat, eggs, milk, and citrus fruits, as well as whole grain or rich cereals, are recommended. Jell-O or nonfat yogurt is also very soothing.

### **6. RINSING:**

It is advisable that you rinse your mouth with mouthwash and water five or six times a day after 24 hours. If you wish, Chloraseptic, kept in the refrigerator and then rinsed with for fifteen seconds, will numb the area since it acts as a surface anesthetic. You may repeat this every two hours if necessary. For the most part, though, normal mouthwash with or without water is adequate.

### **7. BRUSHING:**

You will be expected to brush the tops of the teeth lightly where the surgery was done but, for the most part, do not brush the sides or floss as the dressing and sutures are present and we do not wish to disturb these. You can brush and floss the rest of your mouth.

### **8. SMOKING:**

Again, as mentioned earlier, please try to refrain from smoking as long as possible, at least the first 48 hours, since this causes more postoperative pain, bleeding, and swelling than any other factor. Literally 99% of all emergencies (bleeding, swelling) postsurgically happen in smokers.

If any questions or problems occur, please do not hesitate to contact us by calling  
Dr. Sazima at the office (440) 835-4600. If after office hours,  
call Dr. Sazima's cell phone (216) 233-1809.