

## When to Notify Doctor

7. Try to eat on the side opposite the surgery. **AVOID** foods that are hard, hot, spicy, salty, popcorn, peanuts, seeds, rice, crusty bread, pretzels and any food that may get caught between your teeth. Dilute citrus juices with an equal amount of water.
8. **GOOD FOODS:** fish, soup, chopped meat, Jell-o, baby food, malteds, mashed potatoes, instant breakfast, non dairy custard, pasta and eggs. If you have been given Tetracycline, Doxycycline, or Minocycline, limit cheese and all dairy products.
9. For excessive bleeding, **DO NOT RINSE.** Place a gauze saturated with a tea bag over the area and hold firmly for 10 minutes. Repeat every 10 minutes alternating a "tea" gauze (15 minutes) and a dry gauze (15 minutes) until bleeding stops.
10. **Aspirin and Vitamin E** may be resumed one week following surgery.

### Additional post operative instructions for Sinus Lift & Implants

- **Do not** blow your nose or sniff vigorously.
- **Do not** take in liquids through a straw.
- **Do not** lift or pull at your lip or cheek to look at the sutures.
- **Do not** bend down too often during the first week. Use an extra pillow when sleeping.
- If you sneeze, do so with your mouth open to avoid any pressure in the sinus area.
- You may be aware of some granules in your mouth for the next few days. This is not unusual.
- A small amount of oozing of blood through the nose is not unusual.
- **Notify us** if you feel granules in your nose.
- **Notify us** if you have any swelling after two weeks.

1. If profuse bleeding continues after 3-4 hours of applied pressure
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If the pain and/or swelling increase after the third day.
4. If an oral bandage becomes dislodged prior to the third day.
5. If you have an allergic reaction to medications such as:

- skin rash
- hives
- elevated temperature
- increased and/or erratic heart rate
- nausea/vomiting
- dizziness/fainting
- blurred vision

**Call 911**

Office: 845.624.2303

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SMILE & IMPLANT  
CENTER OF ROCKLAND

**Dr. James McNerney**  
**Dr. Brian Ehrlich**

## Pre/Post Operative Instructions for Surgical Dental Procedures



**Tel: 845.624.2303**  
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## PRE OPERATIVE

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1. **DO NOT** take any aspirin or any products containing aspirin seven (7) days prior to the surgical procedure. Please check with your physician before doing this. Also, stop taking Vitamin E one week prior to surgery. If you are taking any prescription or alternative medicine check with your physician before surgery. If you are taking blood thinning medication i.e. coumadin, warfarin, or Plavix, check with your physician on when to stop and resume the medication.
2. Rinse with Peridex 1-2 days prior to and the morning of the surgery as directed.
3. 1 hour prior to your surgical appointment, start your antibiotic as directed (some antibiotics may interfere with birth control pills check with your physician first). If pre-med is indicated, please follow your customary regimen i.e. 1 hour prior to appointment for Amoxicillin or Clindamycin (if you are allergic to penicillin).
4. **NO SMOKING** within 1 day of surgical appointment. If you can't stop smoking, try to limit smoking until the sutures are removed.



5. Eat lightly more than one hour prior to the surgery. **DO NOT** come in hungry. Try to eat a starch or sugar such as cereal, bread, muffins or fruit.
6. **DO NOT** drive or consume alcohol while taking Antibiotics, Valium, Percocet, Demerol, Vicoprofen, Vicoden, Tylenol with codeine or any sedative or pain relieving medication for a minimum of 12 hours after last dosage. If you have any question please call our office (845) 624-2303.
7. Have ice packs and soft foods ready at home.
8. If you are having conscious sedation arrange to have someone escort you to the Smile Center and back home after the surgery. **DO NOT** eat or drink 12 hours prior to surgery. **DO NOT DRIVE.**

## POST OPERATIVE

1. **DO NOT** rinse for 24 hours after surgery and **AVOID** extremely hot liquids and citrus juices for the next few hours. **DO NOT** smoke for at least 24-48 hours after surgery. **DO NOT** exercise or do heavy lifting for at least two weeks.
2. The dressing over the treated area is for your protection. It should be disturbed as little as possible. Don't be concerned if pieces come off. Call to have the dressing replaced only if it falls off before 3 days or if you are uncomfortable.

3. While gum recession usually results from surgery, it is never as much as it appears to be during the first few weeks. As healing progresses, the normal color and a smooth natural shape will return. Gum recession may be permanent.
4. **MEDICATION**—Mild discomfort can be controlled with two extra strength Tylenol and two Advil's taken every (6) hours (avoid aspirin). If a pain reliever has been prescribed, only take as many pills as necessary. If an antibiotic has been prescribed, be sure to take all the pills as directed.
5. **SWELLING:** Some swelling and temporary loosening of the teeth may be expected. Apply an icepack to the face, if directed, 15 minutes on and 15 minutes off intervals for the next **24 hours**. **DO NOT** use heat. It usually takes from two to six days for the swelling to recede. After 72 hours apply warm compress to relieve swelling.
6. Starting tomorrow brush the rest of your teeth as usual. **DO NOT** brush the teeth covered by the dressing. Starting 24 hours after surgery, rinse 4 to 5 times a day (1/2 teaspoon of Epsom salt in 8 ounces of warm water). Also, rinse with Peridex (twice a day morning and evening) if it is prescribed. It is extremely important for healing that the mouth be kept clean.

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