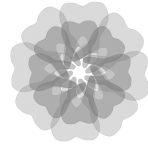


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Preserve Your Teeth
D E N T I S T R Y

POST EXTRACTION CARE

1. Continue antibiotics as per instruction. (Generally 7-10 days after treatment 2 - 4 times a day.)
2. If the bandage does come off, do not resume your prescribed plaque control measures for 10-14 days. During first week sutures could be pulled out prematurely. Cleanliness facilitates healing but not at the expense of disturbing the immature attachment of the gum tissue to the cleaned root. Rinse or Q-tip with Peridex if possible 1-2 times a day. Peridex is the best antiseptic, but it does cause staining. The stain can be removed professionally, however the staining can be limited by using a Q-tip swab or microbrush where needed and not rinsing generally. If staining is still a problem, switch to Listerine, Scope, or Crest Pro-Health.
3. No rinsing on day of treatment. On the day after treatment rinsing is fine if there is no bleeding. As an alternative to Peridex warm salt water (1/2 teaspoon to 6-8 oz. of water) used will help tenderness after 3-5 minute rinse. Baking soda can also be used as an alternative rinse (1-teaspoon baking soda to 6-8 oz. water). Please use a thumb and index finger blanching-massage on the gum of the surgical site after 1 week. Gentle rubber tip stimulation should wait until suture removal and be very gently applied.
4. Try to curb smoking and coffee consumption. NO hot tea, coffee or hot liquids the day of treatment. Keep up consumption of protein rich foods such as fish, chicken, and ground beef. Keep consumption of vitamin B rich greens as well as juices and fruits that are rich in vitamin C. Avoid steaks, chops, hard rolls, etc. 500 mg Vitamin C supplements 1-2 a day would be helpful in the healing process.
5. Avoid heavy alcohol consumption – ideally below 1 oz. a day including wine, best none at all. No alcohol of any kind wine or rum sauces, wine vinegar when taking Metronidazole. Alcohol should not be mixed with pain control medications. But stay well hydrated.

Think of the object of treatment, “tissue regeneration” when doing the gentle Q-tipping and microbrushing during the first post-treatment month along with gentle massage.

If there is BLEEDING, the day of the surgery put ice on the outside of your cheek and a wet cold tea bag on the bleeding source inside the mouth keep the tea bag in position with pressure for 10-20 minutes. DO NOT RINSE OUT BLOOD, LET THE FORMED CLOT FALL OFF ON ITS OWN. WHEN LYING DOWN KEEP YOUR HEAD RAISED ON TWO PILLOWS. Replace the teabag & pressure application as needed.

If there has been an expressed concern about your root surface decay tendency please consider the following root surface hardening fluoride treatments: PREVIDENT/FLUORIDEX (toothpaste by prescription) ACT (mouthwash) by Johnson & Johnson, FLUORIGARD (mouthwash) by Colgate. Please also ask for a fluoride treatment when having your recall maintenance treatment.

If there are any questions do not hesitate to call.

Thank you for entrusting us with your care.