

Dr. Steven Philips
Post Operative Instructions

The following post-op instructions are recommended for patients after any form of oral surgery, including:

- Restorative treatments (such as tooth-colored fillings)
- Cosmetic reconstruction
- Tooth extraction
- Root canal therapy
- New dentures
- Temporary crowns or bridges
- Scaling and root planning

Anesthesia often leaves the lips, teeth, tongue, and even the nasal area numb after an oral operation: **avoid chewing and hot liquids** until numbness wears off to prevent accidental injury.

Taking ibuprofen prior to completely coming off the anesthesia can significantly reduce pain and swelling.

Temperature and pressure sensitivity, as well as gum soreness, is to be expected in the days after your procedure. One of the best ways to reduce discomfort and swelling is to rinse mouth with a warm salt-water mixture at least three times each day.

Avoid eating sticky, chewy, or hard food; as well as alcohol and smoking, for a period of time after the procedure; drink lots of fluids and eat softer, more nutritious foods to help your body through the healing process.

Maintaining proper and consistent oral hygiene is essential to helping your mouth heal, as well as preventing any future dental problems. Carefully brushing and flossing your teeth twice a day is a must.

After a tooth extraction, it is crucial that a blood clot forms in the area of removal (this is one of the reasons why you will be instructed to keep fresh gauze on the area) – do not smoke, suck on a straw, clean teeth near extraction, or rinse forcefully for at least 24 hours after the procedure.

New denture wearers must follow the care and cleaning instructions given by our office – meticulous cleaning is necessary for preserving the dentures and general oral health.

Antimicrobial mouth washes like Listerine and peridex can help prevent infection, but should be limited to no more than two consecutive weeks.
If you have any serious post-up problems or dental emergency, please contact us right away (516) 650-2221