

# PERIODONTAL ASSOCIATES

New Britain  
224-7751

Southington  
621-0163

## POST-SURGICAL INSTRUCTIONS

1. Pain medication-We prefer non-prescription medications such as Ibuprofen (Advil) and Extra-Strength Tylenol, as directed on the bottle, if you can take these.
2. Some swelling on the first few days following surgery is not unusual and may increase to the third day post-surgery.  
To minimize swelling-make an icepack using ice cubes inside a plastic bag covered with a washcloth. Apply this to the side of your face-15 minutes on, 15 minutes off, for the **first day**. If you notice swelling the next day you may apply **moist heat**, like a hot washcloth, but not cold.
3. Some seepage of blood the first day is normal. Avoid hard rinsing, as this will increase bleeding. Heavy seepage can be controlled by gently pressing a moist teabag to the area. If bleeding is heavy and steady, call our office or the doctor if the office is closed.
4. Eat soft foods for the first few days and try to avoid the area of surgery. Also avoid very hot, cold or spicy foods. Do not use a straw for 24 hours after Treatment and no spitting.
5. Do not brush surgical areas until OK'd by the doctor. It's OK to brush in the non-surgical areas. **If** you were given a prescription for an antiseptic rinse, use it twice a day, **beginning the day after surgery. Do not rinse today**.
6. Smoking delays healing and increases the chance of infection. If you are a smoker, please try to avoid or minimize this for the first week after surgery.

If you have any questions or problems, and the office is closed, please call your doctor at home:

Dr. Howard Levinbook (860) 716-9941  
Dr. Jeffrey Goldschmidt (860) 916-2639