**Dr. Dante E Gulino Jr.**

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**Post – Surgical Instructions**

1. GUAZE Leave gauze in for 1-1 ½ hours. Do not take the gauze out to talk or to eat or drink. Do not eat or drink anything while gauze is in. Leave gauze in place. After the recommended time remove gauze. If bleeding persists, use additional gauze for ½ hour. In rare cases when bleeding still persists, bite down on a moistened plain tea bag. While gauze is in have someone watch you so you won’t fall asleep and choke on the gauze. DO NOT KEEP SWITCHING THE GUAZES; IT DOES NOT HELP WITH CLOTTING.
2. ICE When you arrive home, sit up in a chair keeping your head above your heart and ice outside of cheeks. 20 minutes on, 10 minutes off for a minimum of 2 hours to keep swelling down. Ice will help with swelling and bruising as well as helping the blood clot to firm up and stay in place, preventing a dry socket.
3. MEDICATIONS Take medications as directed by the pharmacy. Be sure not to take them on an empty stomach. Have something in your stomach such as half of a milkshake. It is recommended to wait until after the gauze is out.

FIRST DAY: **COLD LIQUIDS ONLY**. Water, juice, ice cream, milkshakes, Jell-O, pudding, yogurt, sherbet. Anything cold is best to keep swelling down. Do not rinse your mouth today. Do not brush teeth today.

SECOND DAY – DAY 7: Soft mushy food. Tepid to lukewarm temperatures. Scrambled eggs, mashed potatoes, applesauce, steamed vegetables, etc. After each meal keep the wounds clean by *gently* rinsing with warm salt water. Brush teeth gently. Avoid hot temperatures for first 3 days. No hot coffee, hot tea, or hot soup. Hot temperatures can dissolve the blood clot resulting in a dry socket.

Avoid foods that can easily get stuck. For example tortilla chips, ground beef, rice, pizza crust, fruits or vegetables with a skin or small seeds.

Do not do any kind of strenuous activity, lifting or exercising until day 3 or 4.

**DO NOT USE A STRAW \* NO SPITTING \* NO SMOKING \***

**NO ALCOHOL FOR ONE WEEK**