



*We really enjoyed seeing you
and
hope you want to leave us a positive review.*

*However, if you are not completely satisfied,
we ask that you will contact us directly
to make things right for you*



516-744-6262



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www.goldcoastoms.com • info@goldcoastoms.com

55 Bryant Ave, Suit 2 (1st floor) Roslyn, NY 11576

DAY 1:

Continue biting on the gauze for 30-60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed. If you had IV anesthesia, do not operate motor vehicles, rest for the remainder of the day.

DAY 2:

You will most likely experience one or more of the following symptoms: Pain, swelling, bruising, limitation in opening or closing your mouth, pain in jaw or ear, sore throat. It is important to listen to your body and take it easy. No heavy lifting, spitting, sucking, alcohol or smoking.

-ORAL HYGIENE: Brush gently and stay away from the surgical area. A gentle lukewarm salt water rinse can be used to freshen your mouth. But again, do not spit; just let the fluid passively empty. The corners of your mouth may become cracked and dry – moisturize frequently.

-DISCOMFORT: Over-the-counter pain medication (Ibuprofen, Aleve, and Tylenol) may be taken as directed on the bottle to relieve discomfort. NOT every patient requires prescriptions, but if you had prescription medication sent, follow the pharmacist's instructions on the bottle.

-SWELLING: Apply cold compresses to the affected area at 10 minute intervals for the first 24 hours to minimize swelling. Any swelling that occurs usually begins to diminish after 72 hours; call the office if there is no change.

-BLEEDING: Some oozing of blood is normal for the first 12-24 hours. Put a hand towel on your pillow as some drooling can occur when you are numb. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze pads or a damp tea bag on the affected area for 30-60 minutes and keep your head elevated. Call the office if the bleeding does not subside.

-DIET: Drink plenty of fluids. Avoid carbonated and alcoholic beverages. A soft diet will be easiest: yogurt, milkshakes (no straw), soups, fish, pasta. Nothing too spicy is recommended. It is normal to have a little tenderness while chewing and difficulty opening wide.

-STITCHES: If you have received sutures, avoid playing with them. Dr.Yusupov almost exclusively uses resorbable sutures, so no suture removal is necessary. Most will spontaneously fall out in 5-7 days.

-PRESCRIPTIONS: If you have been prescribed antibiotics, take them as directed until they are all gone, even if symptoms dissipate. Some antibiotics can interfere with the effectiveness of birth control pills or other medications. If pain medication or a mouth rinse is prescribed, take as directed. In case of any unusual disturbances, questions or any post surgical problems, please call the office.

IF THE OFFICE IS CLOSED YOU CAN REACH THE DOCTOR DIRECTLY AT 516-749-3000. PLEASE REMEMBER THIS IS THE DIRECT LINE TO DR. YUSUPOV AND IS RESERVED FOR EMERGENCIES ONLY. PLEASE CALL THE OFFICE FOR ROUTINE QUESTIONS OR APPOINTMENT REQUESTS AND MODIFICATIONS.

Non-Opioid Post Procedure Pain Management Protocol

To best control your pain, take Tylenol® 500 mg and Ibuprofen as prescribed every 6-8 hours each day for the first 3 days. This combination offers synergistic pain control.

Make sure to wait 1-2 hours between the Tylenol® and Ibuprofen

For your health....

- Never take more than 3000mg of Acetaminophen in 1 day
- Never take more than 3200mg of Ibuprofen in 1 day
- Remember to take medications with food and plenty of liquids
- Begin reducing your Acetaminophen and Ibuprofen dose after the 3rd day.
- If you have any of the following, it may prohibit you from this pain management plan

Discuss with your primary physician or your surgeon if you are unsure:

- Liver problems
- Kidney problems
- Stomach ulcers
- Taking blood thinners
- Allergy to Acetaminophen or Ibuprofen
- Alcohol use