



*375 East Main Street,
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Post-Op Instructions

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Post-Op Instructions for Tooth Extraction



PAIN

- Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every 2 hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- Bite on the cotton gauze for 30 minutes. Change the gauze every 15 minutes during this time. This is intended to stop the bleeding.
- If bleeding is persistent, apply pressure to the surgical site with more gauze **or a tea bag** for an additional 20 minutes.
- Some oozing of blood from the surgical site is normal during the first 24 hours.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night
- In most cases bleeding subsides in an hour or two. In some instances, bleeding can persist for several hours and into the night after an extraction. These cases should be nursed along and managed with these instructions. If bleeding persists for more than 12-24 hours, please call the office.

SWELLING & BRUISING

- Place an ice pack on the outside of your cheek/chin adjacent to the surgical site throughout the entire day of surgery (20 minutes on, 10 minutes off). This will minimize any swelling.
- Bruising of your cheek or chin is a possibility after tooth extraction. It is not an indication of something gone wrong. It will resolve itself without treatment.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day (upon waking and at night just before bedtime).
- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm water every 2-3 hours throughout the day, for 1-3 weeks.

BRUSHING & FLOSSING

- You can brush and floss your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.
- Proper oral hygiene will prevent complications.
- Avoid an electric toothbrush for a few days or until the soreness goes away. For simple extractions, most patients can resume electric toothbrush in 3-5 days. For multiple or difficult extractions, wait 1-2 weeks.
- Do not use a waterpik for at least 1 week after extraction.

EATING & DRINKING

- Chew on the other side for 1-2 weeks.
- Avoid extremes in hot and cold. Drink beverages at room temperature only.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.
- Cut your food into small pieces to minimize the amount of chewing.

EXERTION

- Refrain from physical activity, heavy lifting or bending for 48 hours.

SMOKING

- No smoking for at least 24 hours following the surgery. The incidence of a painful dry socket is greater in smokers.

STITCHES

- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.

INFECTION

- Do not put your fingers in your mouth.
- When changing gauze pads, be sure to wash your hands before manipulating the gauze.
- Use a new tooth brush after tooth extraction.
- If you follow these instructions, chance of infection is slight.
- If you have been prescribed an antibiotic, continue taking it until it is finished whether or not you have pain, swelling or discomfort. Do not stop the antibiotic mid-course.


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Elevating Your Expectations

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Post-Op Instructions for Ridge Preservation



PAIN

- Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every 2 hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- Bite on the cotton gauze for 30 minutes. Change the gauze every 15 minutes during this time. This is intended to stop the bleeding.
- If bleeding is persistent, apply pressure to the surgical site with more gauze **or a tea bag** for an additional 20 minutes.
- Some oozing of blood from the surgical site is normal during the first 24 hours.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night

SWELLING & BRUISING

- Place an ice pack on the outside of your cheek/chin adjacent to the surgical site for throughout the entire day of surgery (20 minutes on, 10 minutes off). This will minimize any swelling.
- Bruising of your cheek or chin is a possibility after ridge preservation. It is not an indication of something gone wrong. It will resolve itself without treatment.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day (in the morning upon waking and at night just before bed-time).
- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm water every 2-3 hours throughout the day.

EXERTION

- Refrain from physical activity, heavy lifting, or bending for 48 hours.

BRUSHING & FLOSSING

- You can brush and floss your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.
- Proper oral hygiene will prevent complications.
- Avoid an electric toothbrush for a few days or until the soreness goes away. For simple ridge preservations, most patients can resume electric toothbrush in 3-5 days. For multiple sites or difficult cases, wait 1-2 weeks.
- Do not use a waterpik for at least 2 weeks after ridge preservation.

EATING & DRINKING

- Chew on the other side for 1 month.
- Avoid extremes in hot and cold. Drink beverages at room temperature only.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.
- Cut your food into small pieces to minimize the amount of chewing.

DENTURES & TEMPORARIES

- Unless instructed otherwise, dentures or removable temporaries are not to be worn on top of the surgical site. The pressure of these appliances will lead to failure of the graft.

SMOKING

- No smoking for at least 24 hours following the surgery. The incidence of a painful dry socket is greater in smokers.

STITCHES

- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.

INFECTION

- Do not put your fingers in your mouth.
- When changing gauze pads, be sure to wash your hands before manipulating the gauze.
- Use a new tooth brush after ridge preservation.
- If you follow these instructions, chance of infection is slight.
- If you have been prescribed an antibiotic, continue taking it until it is finished whether or not you have pain, swelling or discomfort. Do not stop the antibiotic mid-course.

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Post-Op Instructions for Extractions & Immediate Denture



PAIN

- Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every 2 hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- Bite on the cotton gauze for 30 minutes. Change the gauze every 15 minutes during this time. This is intended to stop the bleeding.
- If bleeding is persistent, apply pressure to the surgical site with more gauze **or a tea bag** for an additional 20 minutes.
- Some oozing of blood from the surgical site is normal during the first 24 hours.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night

SWELLING & BRUISING

- Place an ice pack on the outside of your cheeks/chin and under your eyes, alternating from side-to-side, throughout the entire day of surgery (15 minutes on one side, 15 minutes on the other side, 10 minutes off, ...repeat). This will minimize any swelling.
- Bruising of your cheek or chin is a possibility after ridge preservation. It is not an indication of something gone wrong. It will resolve itself without treatment.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day (in the morning upon waking and at night just before bedtime).
- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm water every 2-3 hours throughout the day.

EXERTION

- Refrain from physical activity, heavy lifting, or bending for 48 hours.

BRUSHING & FLOSSING

- You can brush and floss your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.

- Proper oral hygiene will prevent complications.
- Avoid an electric toothbrush for a few days or until the soreness goes away.
- Do not use a waterpik for at least 2 weeks.

EATING & DRINKING

- Eating comfortably with your new dentures will take time and practice. Begin with very small pieces of soft food and practice chewing on both sides simultaneously to balance your denture.
- A soft diet is recommended until your next visit. Stay well nourished by eating nutritious foods and drinking plenty of fluids.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.

REMOVING YOUR DENTURE

- Ideally your denture should not be removed for the first 24 hours after the extractions, however, if it is not tolerable it can be removed.
- You can sleep with your denture the first night. It should be removed nightly thereafter.
- Sore spots are to be expected and adjustments to the denture will be made periodically the first few weeks following the extractions.
- Once all the extraction sites have healed, your denture will be relined for a better fit.
- Clean your denture with a denture brush & denture toothpaste twice a day.
- The denture can be rinsed and kept in a cup of room temperature water when you are not wearing it.
- Soak the denture in denture cleaning tablets once a day.

SMOKING

- No smoking for at least 24 hours following the surgery. The incidence of a painful dry socket is greater in smokers.

STITCHES

- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.

INFECTION

- Do not put your fingers in your mouth.
- When changing gauze pads, be sure to wash your hands before manipulating the gauze.
- Use a new tooth brush on your other teeth after extractions.
- If you follow these instructions, chance of infection is slight.
- If you have been prescribed an antibiotic, continue taking it until it is finished whether or not you have pain, swelling or discomfort. Do not stop the antibiotic mid-course.

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Instructions for Implant Placement



PRE-OPERATIVE MEDICATION

- Premedicate with four, 500mg tablets (2000mg) of Amoxicillin 1 hour before your appointment, then take 1 tablet (500mg) every 8 hours for 7 days.
- If you are allergic to Amoxicillin, or Penicillin, premedicate with Clindamycin instead. Take four, 150mg tablets (600mg) 1 hour before your appointment and then take 1 tablet (150mg) every 6 hours for 7 days.
- If you can not take Amoxicillin, Penicillin, or Clindamycin, take Azithromycin (Z-pack) instead. Take 2 tablets 1 hour before your appointment and then take 1 tablet daily till finished.
- If you take aspirin on a daily basis, stop taking it for 14 days prior to your implant surgery. Consult with your physician prior to stopping the aspirin.
- 400mg of Ibuprofen (Advil or Motrin) is recommended 1 hour prior to implant surgery.

PAIN

- Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every 2 hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- Bite on the cotton gauze for 30 minutes. Change the gauze every 15 minutes during this time. This is intended to stop the bleeding.
- If bleeding is persistent, apply pressure to the surgical site with more gauze **or a tea bag** for an additional 20 minutes.
- Some oozing of blood is normal during the first 24 hours.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night.

SWELLING & BRUISING

- Place an ice pack on the outside of your cheek/chin adjacent to the surgical site for throughout the entire day of surgery (20 minutes on, 10 minutes off). This will minimize any swelling.
- Bruising of your cheek or chin is a possibility after implant placement. It is not an indication of something gone wrong. It will resolve itself without treatment.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day

(in the morning upon waking at night just before bedtime).

- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm water periodically throughout the day.

BRUSHING & FLOSSING

- You can brush and floss your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.
- Proper oral hygiene will prevent complications.
- Avoid an electric toothbrush for 1 month following implant placement.
- Do not use a waterpik for 1 month following implant placement.

EATING & DRINKING

- Chew on the other side for 1 month.
- Avoid extremes in hot and cold. Drink beverages at room temperature only.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.
- Cut your food into small pieces to minimize the amount of chewing.

EXERTION

- Refrain from physical activity, heavy lifting, or bending for 48 hours.

DENTURES & TEMPORARIES

- Unless instructed otherwise, dentures or removable temporaries are not to be worn on top of the surgical site for several months. The pressure of these appliances can lead to micro-motion of the implant and failure.

SMOKING

- No smoking for at least 24 hours following the surgery.

STITCHES

- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.

INFECTION

- Do not put dirty fingers in your mouth. When changing gauze pads, be sure to wash your hands before manipulating the gauze.
- Use a new tooth brush after implant placement.
- If you follow these instructions, chance of infection is slight.
- Be sure to continue taking the antibiotic until it is finished whether or not you have pain, swelling or discomfort. Do not stop the antibiotic mid-course.


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Instructions for Implant Uncovering



PAIN

- For Single-Tooth uncoverings, there is usually minimal-to-no postoperative pain. Most patients reports some soreness and rarely require an analgesic.
- For Multiple-Tooth uncoverings, some report mild-to-moderate pain/discomfort and require analgesics for 2-5 days. Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every 2 hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- If you bleed, bite on the cotton gauze for 30 minutes. Change the gauze every 15 minutes during this time. This is intended to stop the bleeding.
- If bleeding is persistent, apply pressure to the surgical site with more gauze **or a tea bag** for an additional 20 minutes.
- Some oozing of blood is normal during the first 24 hours.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night.

SWELLING & BRUISING

- For Single-Tooth uncoverings, there is usually minimal-to-no postoperative swelling or bruising.
- For Multiple-Tooth uncoverings, there is a tendency for swelling and minor bruising. Place an ice pack on the outside of your cheek/chin adjacent to the surgical site for throughout the entire day of surgery (20 minutes on, 10 minutes off). This will minimize any swelling.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day (in the morning upon waking up at night just before bedtime).
- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm water periodically throughout the day.

BRUSHING & FLOSSING

- Avoid brushing the healing collar for 24 hours. After 24 hours has elapsed, you can brush the healing collar with an extra-soft toothbrush.
- You can brush and floss your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.
- Proper oral hygiene will prevent complications.
- Avoid an electric toothbrush and a waterpik for 1 week following implant uncovering. After the first week, we recommend an electric toothbrush and a waterpik.

EATING & DRINKING

- Chew on the other side for 1 week.
- Avoid extremes in hot and cold. Drink beverages at room temperature only.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.
- Cut your food into small pieces to minimize the amount of chewing.

EXERTION

- For Single-Tooth uncoverings, you can resume physical activity in 24 hours
- For Multiple-Tooth uncoverings, refrain from physical activity, heavy lifting, or bending for 48 hours.

DENTURES & TEMPORARIES

- Dentures or removable temporaries can be worn on top of the surgical sites/healing collars, unless instructed otherwise.

SMOKING

- No smoking for at least 24 hours following the uncovering.

STITCHES

- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.

INFECTION

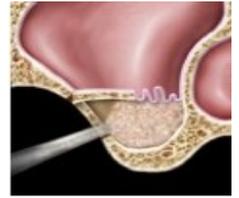
- Do not put dirty fingers in your mouth. When changing gauze pads, be sure to wash your hands before manipulating the gauze.
- Use a new tooth brush after implant uncovering.
- If you follow these instructions, chance of infection is slight.


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Instructions for Sinus Lift



PRE-OPERATIVE MEDICATION

- Premedicate with two, 875mg tablets of Augmentin 1 hour before your appointment, then take 1 tablet every 12 hours for 7 days.
- If you are allergic to Augmentin, Amoxicillin, or Penicillin, premedicate with Azithromycin (Z-pack) instead. Take 2 tablets 1 hour before your appointment and then take 1 tablet daily till finished.
- If you take aspirin on a daily basis, stop taking it for 14 days prior to your implant surgery. Consult with your physician prior to stopping the aspirin.
- 400mg of Ibuprofen (Advil or Motrin) is recommended 1 hour prior to implant surgery.

PAIN

- Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every two hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- Bite on the cotton gauze for 30 minutes. Change the gauze every 15 minutes during this time. This is intended to stop the bleeding.
- If bleeding is persistent, apply pressure to the surgical site with more gauze **or a tea bag** for an additional 20 minutes.
- Some oozing of blood from the surgical site is normal during the first 24 hours.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night

SWELLING & BRUISING

- **Place an ice pack on the outside of your cheek/chin and under your eye adjacent to the surgical site for throughout the entire day of surgery (20 minutes on, 10 minutes off).** This will minimize any swelling.
- Bruising of your eyelid or cheek is a possibility after sinus lift. It is not an indication of something gone wrong. It will resolve itself without treatment.

EXERTION

- Refrain from physical activity, heavy lifting, or bending for 48 hrs.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day (upon waking and at night just before bedtime).
- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm water every 2-3 hours throughout the day.

BRUSHING & FLOSSING

- You can brush and floss your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.
- Proper oral hygiene will prevent complications.
- Avoid an electric toothbrush for 2 weeks following sinus lift.
- Do not use a waterpik for 2 weeks following sinus lift.

EATING & DRINKING

- Chew on the other side for 1 month.
- Avoid extremes in hot and cold. Drink beverages at room temperature only.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.
- Cut your food into small pieces to minimize the amount of chewing.

SNEEZING & BLOWING NOSE

- **Do not blow your nose for 1 week.** The pressure from blowing your nose could disrupt the graft and the healing process and cause complications. If you feel nasal congestion, **take brand name Sudafed** to keep the air passages clear.
- **Do not sneeze forcefully for 1 week.** We realize sneezing is an involuntary action and can not be prevented, however, if you have to sneeze, do it as gently as possible.

DENTURES & TEMPORARIES

- Unless instructed otherwise, dentures or removable temporaries are not to be worn on top of the surgical site for 1 month. The pressure of these appliances can complicate the healing process.

SMOKING

- No smoking for at least 72 hours following the surgery.

STITCHES

- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.

INFECTION

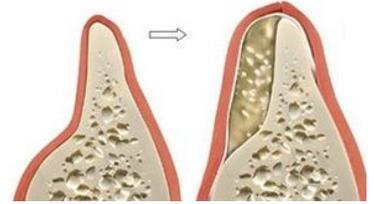
- Do not put dirty fingers in your mouth. When changing gauze pads, be sure to wash your hands before manipulating the gauze.
- Use a new tooth brush after sinus lift.
- If you follow these instructions, chance of infection is slight.
- Be sure to continue taking the antibiotic until it is finished whether or not you have pain, swelling or discomfort. Do not stop the antibiotic mid-course.



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Instructions for Ridge Augmentation



PRE-OPERATIVE MEDICATION

- Premedicate with four, 500mg tablets (2000mg) of Amoxicillin 1 hour before your appointment, then take 1 tablet (500mg) every 8 hours for 7 days.
- If you are allergic to Amoxicillin, or Penicillin, premedicate with Clindamycin instead. Take four, 150mg tablets (600mg) 1 hour before your appointment and then take 1 tablet (150mg) every 6 hours for 7 days.
- If you can not take Amoxicillin, Penicillin, or Clindamycin, take Azithromycin (Z-pack) instead. Take 2 tablets 1 hour before your appointment and then take 1 tablet daily till finished.
- If you take aspirin on a daily basis, stop taking it for 14 days prior to your implant surgery. Consult with your physician prior to stopping the aspirin.
- 400mg of Ibuprofen (Advil or Motrin) is recommended 1 hour prior to implant surgery.

PAIN

- Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every 2 hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- If you experience bleeding, bite **gently** on a gauze pad moistened in salt water for 30 minutes. Change the gauze every 15 minutes during this time. This is intended to stop the bleeding.
- If bleeding is persistent, apply **gentle** pressure to the surgical site with more gauze **or a tea bag** for an additional 20 minutes.
- Some oozing of blood from the surgical site is normal during the first 24 hours.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night

SWELLING & BRUISING

- **Place an ice pack on the outside of your cheek/chin and under your eye adjacent to the surgical site for throughout the entire day of surgery (20 minutes on, 10 minutes off).** This will minimize any swelling.
- Bruising of your cheek or chin is a possibility after ridge augmentation. It is not an indication of something gone wrong. It will resolve itself without treatment.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day (in the morning upon waking and at night just before bedtime).
- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm water every 2-3 hours throughout the day.

BRUSHING & FLOSSING

- You can brush and floss your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.
- Proper oral hygiene will prevent complications.
- Avoid an electric toothbrush for 1 month following ridge augmentation.
- Do not use a waterpik for 1 month following ridge augmentation.

EATING & DRINKING

- Chew on the other side for 1 month.
- Avoid extremes in hot and cold. Drink beverages at room temperature only.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.
- Cut your food into small pieces to minimize the amount of chewing.

EXERTION

- Refrain from physical activity, heavy lifting, or bending for 48 hours.

DENTURES & TEMPORARIES

- **Unless instructed otherwise, dentures or removable temporaries are not to be worn on top of the surgical site for several months.** The pressure of these appliances can lead to micro-motion and failure of the graft.

SMOKING

- No smoking for at least 24 hours following the surgery.

STITCHES

- Do not play with or try to remove the stitches. They will be removed in 7-10 days in the office.

INFECTION

- Do not put your fingers in your mouth.
- When changing gauze pads, be sure to wash your hands before manipulating the gauze.
- Use a new tooth brush after ridge augmentation.
- If you follow these instructions, chance of infection is slight.
- Be sure to continue taking the antibiotic until it is finished whether or not you have pain, swelling or discomfort. Do not stop the antibiotic mid-course.



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Post-Op Instructions for Soft Tissue Graft



PAIN

- Take a pain reliever before the numbness wears off.
- For mild pain, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- For moderate pain, we recommend 600mg ibuprofen every 4 hours.
- If the pain reliever wears off before the 4 hours elapses, we recommend **alternating** 400-600mg ibuprofen and hydrocodone every 2 hours. For example, at 8:00 take the ibuprofen, at 10:00 the hydrocodone, at 12:00 the ibuprofen, at 2:00 the hydrocodone.

BLEEDING

- Some oozing of blood from the surgical site is normal during the first 24 hours.
- If bleeding is active, apply gentle pressure to the surgical site with a gauze pad moistened in salt water for 20 minutes. Do not use a dry gauze pad.
- Do not rinse your mouth for the first 24 hours. Rinsing will only cause it to bleed more.
- Sleep with your head elevated by a few pillows and cover your pillow with an old towel in the event of oozing blood during the night

SWELLING & BRUISING

- Place an ice pack on the outside of your cheek/chin adjacent to the surgical site for throughout the entire day of surgery (20 minutes on, 10 minutes off). This will minimize any swelling.
- Bruising of your cheek or chin is a possibility after soft tissue grafting. It is not an indication of something gone wrong. It will resolve itself without treatment.

RINSING

- Do not rinse your mouth for the first 24 hours.
- Once 24 hours has elapsed, rinse with 1 ounce Peridex, 2 times a day, in the morning upon waking and at night just before bedtime).
- In addition to the Peridex rinses, rinse with 1 teaspoon of salt in a glass of warm every 2-3 hours throughout the day.

BRUSHING & FLOSSING

- **Do not brush or floss the surgical site until further notice.**
- You can brush your other teeth normally, just use caution when you are next to the surgical site.
- If your jaw or temporomandibular joint is sore, it is not necessary to open wide while brushing.
- Use only the mouthwashes just mentioned.
- Do not use an electric toothbrush for 1 month following the soft tissue graft.
- Do not use a waterpik for 1 month following the soft tissue graft.

GRAFT

- Do not touch the surgical site. You may dislodge the healing tissue.
- **Do not pull your lip away to view the graft site.**
- **Do not pucker to kiss or suck through a straw.**
- The graft may appear white or gray, and filmy. This is normal.

EATING & DRINKING

- Do not chew directly over the surgical site. Chew on the other side.
- Cut your food into small pieces to minimize the amount of chewing.
- Avoid hard, chewy and crunchy foods. Stick to a semi-soft diet.
- Avoid foods with seeds.
- Avoid extremes in hot and cold. Drink beverages at room temperature only.

EXERTION

- Refrain from physical activity, heavy lifting, bending or physical activity for 48 hours.

SMOKING

- No smoking for at least 24 hours following the surgery. Smoking with adversely affect the healing process and can lead to graft failure.

STITCHES

- Do not play with or try to remove the stitches. They will be removed upon examination.


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Post-Op Instructions for Temporary Crown



PAIN

- **You may experience some sensitivity to hot and cold,** discomfort or mild pain the first 1-2 days.
- If needed, we recommend 200-400mg ibuprofen (Motrin or Advil) every 4-6 hours.
- The discomfort or pain should resolve in 24 hours.
- If pain persists, please call the office.
- If the gums are tender around the crown prep, rinse with warm water and salt periodically throughout the day, every 3-4 hours, to promote gum healing. This should resolve within a day or two.

EATING & DRINKING

If your temporary crown/crowns are on the front teeth...

- Do not bite into anything harder than a banana.
- Instead, use a knife and fork to cut the food into small pieces and insert the food into the side of your mouth with a fork.
- Avoid hard, chewy and crunchy foods.
- Avoid extremes in hot and cold.
- Drink beverages at room temperature only.

If your temporary crown/crowns are on the back teeth...

- Do not chew directly on the temporary crown.
- Avoid hard, chewy and crunchy foods.
- Chewing directly on the temporary crown will dislodge it and cause it to fall out.
- Chew on the other side.
- Cut your food into small pieces to minimize the amount of chewing.
- Avoid hard, chewy and crunchy foods.
- Avoid extremes in hot and cold.
- Drink beverages at room temperature only.

THE BITE

- The bite may feel uncomfortable for 1-2 days.
- After that it should feel normal.
- If the bite does not feel normal after 1-2 days, please call the office.

BRUSHING & FLOSSING

- You can brush the temporary crown/crowns just as you would a regular tooth, just be careful with the temperature of the water.
- The tooth may be sensitive to hot and cold.
- **Do not floss the temporary crown.**
- Flossing will dislodge the temporary crown.
- If you need to floss because something is stuck between the teeth, slide the floss in normally, but don't pull it out. Instead slide the floss out the side.

WHAT IF MY TEMP FALLS OFF?

- If the temp falls off, put it back it and call the office immediately.
- If the temp remains off for more than a day, the adjacent teeth may shift.
- Just a small amount of shifting of the adjacent teeth can compromise the outcome.
- If necessary, you can re-cement the temp yourself with over-the-counter products such as Dentemp or Fixodent. These can be found at most pharmacies in the toothpaste aisle.

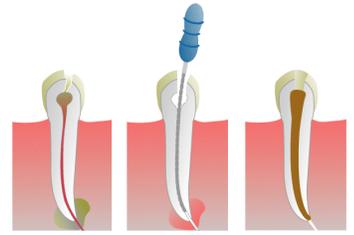

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Post-Op Instructions for Root Canal Treatment



EATING & DRINKING

- If your root canal treatment is completed, do not chew on the tooth for 3-5 days.
- If your root canal treatment is not completed, do not chew on the tooth until your next visit.
- Eat nutritious meals and balanced meals.
- Avoid extremes in temperature when eating and drinking. For example, avoid hot coffee, ice cream, etc...
- Avoid chewy, sticky and crunchy foods.

BRUSHING & FLOSSING

- Brush the area gently, three times a day or after each meal.
- Do not use dental floss around this tooth until it is restored with a crown.
- Rinsing with warm water & salt will help with soreness and inflammation.
- Rinsing with an antimicrobial mouthwash will help with your oral hygiene.
- You can use an electric toothbrush and a waterpik.

PRESCRIPTION MEDICATIONS

- If you have been prescribed an antibiotic, take it as instructed until the bottle is finished - whether or not you have pain.
- If you have been prescribed a pain reliever, take it only as instructed.
- If you have not been prescribed a pain reliever, Advil or Tylenol can be used for minor pain or discomfort.

TEMPORARY FILLING

- If the root canal is not completed, there will be a medicated dressing and a temporary filling in the tooth. Do not chew on it.
- If the root canal is completed, there will be a non-medicated temporary filling in your tooth. Do not chew on the tooth until it is restored with a post and crown.
- If the root canal is completed and a post has been placed in the tooth, you can chew soft food on the tooth after 3-5 days. However, the tooth must be restored with a crown.

FOLLOW-UP APPOINTMENTS

- You must return for your follow-up appointments as scheduled. If the treatment remains incomplete, severe discomfort and/or tooth loss can occur.
- Immediately following the completion of your root canal, the tooth must be restored with a permanent crown. Without a crown, the tooth is likely to fracture and result in tooth loss.



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Instructions for Lip Augmentation



PRE-OP

- You should be in good overall health. Please complete a new Medical History form.
- If you develop a cold sore, blemish or rash prior to your appointment, please reschedule.
- If you have a special event or vacation coming up, please schedule your appointment two weeks in advance.
- Let us know if you are prone to cold sores. A pre-operative medication can be prescribed.
- To reduce the incidence of bruising after the procedure, avoid alcohol, caffeine, Motrin, Advil, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24 hours before your treatment.
- Discontinue Retin-A two days before and two days after Lip Augmentation

POST-OP

DO NOT

- Touch, press, rub or manipulate the treated areas for the rest of the day.
- Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the dermal filler.
- Irritation, sores, and post operative complications including scarring are possible if you manipulate the dermal filler implants.

AVOID

- Vigorous exercise, sun and heat exposure for 3 days after treatment.
- It is best to wear no makeup or lipstick until the next day.

DISCONTINUE

- Retin-A 2 days after treatment.

GENERAL

- One side may heal faster than the other side.
- You can expect some bruising and swelling around the areas that were injected. To avoid swelling, apply ice for the first hour after treatment for ten minutes on and ten minutes off.
- You must wait 2 weeks before any additional enhancements.
- Please report any redness, blisters, or itching immediately if it occurs after treatment.


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