

Dr. Peter Barkoff  
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