

**Chicago Smile Design  
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## **POST-OPERATIVE INSTRUCTIONS**

### **R REST**

Rest for the next 24-48 hours. Complete bedrest may be unnecessary; however, DO NOT keep your usual routine.

### **I ICE**

Apply ice in 15 minute intervals for the next 36 hours. If possible, fall asleep on an ice pack at bedtime.

### **P PRESSURE**

Apply pressure to the site by firmly biting on gauze. This should be changed every 2 hours for the next 4-12 hours.

### **E ELEVATION**

Keep your head elevated when sleeping for the next several days to prevent recurrence of bleeding.

Beginning on \_\_\_\_\_ you may rinse with warm salt water & apply warm, moist

## **DO NOT:**

- Do not rinse the site directly for 24 hours.
- Do not use mouthwash or peroxide rinses for 48 hours.
- Do not pick at any sutures, if present.
- Do not attempt to pull your lips to visualize the site.
- Do not sneeze or cough with your mouth closed.
- Do not suck from a straw or blow your nose.
- Do not bend forward beyond 45 degrees.
- Do not smoke or consume alcohol for three (3) days.

We are genuinely concerned about your well-being. If you experience any undue symptoms including, but not limited to, NAUSEA, VOMITING, RASH, SWELLING, OR DIFFICULT BREATHING, call Dr. Tomaselli immediately.