

ANTHONY C. VIGLIOTTI, D.M.D.

FRANK A. VIGLIOTTI, D.M.D., P.C.\*

\* DIPLOMATE, AMERICAN BOARD OF PERIODONTOLOGY

29 FOX STREET, SUITE 201

POUGHKEEPSIE, N.Y. 12601

CARE OF THE MOUTH AFTER TREATMENT

TELEPHONE (845) 471-5215

FAX (845) 485-1772

- 1) Do not rinse for today. You may eat or drink, but rinsing may loosen the dressing as it takes 3-4 hours for the dressing to permanently set. When you do rinse, use either Peridex/Perioguard or mouthwash (diluted). This will help to take away the medicinal taste of the dressing.
- 2) Keep fingers and tongue away from the dressing
- 3) Some slight bleeding or oozing is to be expected. If bleeding becomes severe, place gauze between top and bottom teeth, and then bite down with pressure. This pressure of biting for 15 minutes should stop the bleeding. But if not, place a wet tea bag between top and bottom teeth and then again bite down with pressure for 15 minutes. DO NOT SPIT OR USE A STRAW. THIS CREATES A SUCTION AND WILL CAUSE BLEEDING. Do not drink anything HOT for a few hours. Heat will also cause bleeding. Anything COLD over the next few hours will cause the packing to crack and loosen.
- 4) Swelling may start; this is normal and no cause for alarm. When you get home, place ice in a baggie or washcloth, (or an ice pack) and place on the outside of your face. Keep on for 5 minutes, and remove for 5 minutes, continuing for several hours or more. This should help prevent swelling. However, don't become alarmed if the swelling goes down and then starts again. Do not do any lifting or bending. Any increased activity may increase swelling as you get an additional blood flow to the area. The activity may also cause throbbing.
- 5) No chewing where the surgery was done and no brushing in that area. You may chew and brush in the other areas.
- 6) Rest as much as possible after the surgery.
- 7) Do not remove the dressing. The dressing must be left intact until your appointment to remove the sutures.
- 8) You will be on an easy diet until the dressing comes off. Some suggestions are stews, chicken, casseroles, turkey, fish, soup, pancakes, meatloaf, eggs, or macaroni. Avoid foods that are irritating such as chips, pretzels, breads with hard crusts or seeds, and spicy foods.
- 9) The morning after treatment, begin to rinse with Peridex/Perioguard as prescribed.
- 10) Take the antibiotic as prescribed, until finished. It is there to prevent against infection and won't work if not taken properly.
- 11) If you have any questions or problems, please do not hesitate to call.

Dr. Anthony Vigliotti: (845) 691-7802  
Dr. Frank Vigliotti: (845) 255-2202  
The Shore: (609) 492-1588