



Foxhall Smiles, PC  
Joseph A. Catanzano III, D.D.S.  
3301 New Mexico Ave, NW Suite 230  
Washington, D.C., 20016  
Tel: (202) 244-1601 Fax: (202) 244-1604  
[www.foxhallsmiles.com](http://www.foxhallsmiles.com)

## After Surgery Instructions

Healing following the surgery you have just experienced is usually fast and uneventful if you follow the directions below.

- **Bleeding:** Leave the gauze in for 30 minutes from now. ONLY if fresh bright red blood is present, replace the sterile gauze. If the bleeding continues after this time, bite on a moistened tea bag for 30 minutes. If you are still bleeding after this, please contact our office at the numbers at the bottom of the page
- Do not drink or eat hot foods today, as you may dissolve the healing blood clot. Eat cool, soft, nutritious foods today. Try to avoid eating near the extraction site.
- Do not stick anything into the extraction site for the next few days. You may disturb the blood clot, causing bleeding and slow healing.
- Don't eat hard or spicy foods for a few days. If something hurts when you eat it, don't eat it.
- Do not overexert yourself for the next 24 hours.
- Do not use a straw or forcefully expectorate for 24 hours, this may cause the clot to come out.
- Sutures (stitches):  
\_\_\_ Were not placed.  
\_\_\_ Were placed. You will be given an appointment within 5 days to remove the stitches.
- **Pain:**  
\_\_\_ You have NOT been given a prescription for pain. You should not experience much discomfort. Take Ibuprofen or Tylenol for mild discomfort. If you need something stronger, please call the office or page Dr. Catanzano.  
\_\_\_ You HAVE been given a prescription for pain. Please take as directed.
- **Antibiotic**  
\_\_\_ You have been given a prescription for antibiotics. Please take as directed.
- **Cold Application**  
\_\_\_ Use cold packs on the outside of your face near the surgery area for 2 hours.  
Alternate 20 minutes on your face and then 20 minutes off your face for the 2 hours.

### **Emergency:**

After office hours, Dr. Catanzano can be reached by phone **202-683-7766**. Your call will be answered as soon as possible. Please leave a message with your name and phone number. If you have any questions about today's treatment, please call us at: 202-244-1601.