



POST OPERATIVE INSTRUCTIONS:

These instructions apply to the surgical procedure just completed. They are designed to help you minimize post-surgical discomfort and inform you of any situation that may require special attention.

PAIN MEDICATION:

It is not unusual to have discomfort for at least the first week following your surgical procedure. You will be given a prescription for medication to help you tolerate the recovery period. Please take your medications as directed. If necessary, you may take your medication more frequently than every 4-6 hours to stay ahead of the soreness. It is advisable to take the pain medication with food, as they may cause nausea if taken on an empty stomach.

As an alternative to prescription medication, some patients have found taking a combination of over-the-counter Ibuprofen and Tylenol to be effective. You may take the combination in the following dosages: 3 Advil and 2 regular strength Tylenol or 3 Advil and 1 extra strength Tylenol every 4-6 hours.

Note: When taking any prescribed medication containing Acetaminophen (Tylenol), i.e; Percocet, Hydrocodone, Vicodin, or Tylenol with codeine, you should not take additional Tylenol. Do not exceed the safety limitations of 4000 mg of Acetaminophen in 24 hours.

ANITIBIOTICS:

Please take your antibiotics until finished. Please call the office and stop medications if you have any adverse reactions such as a rash, itching, or difficulty breathing. These should be taken with food as well. For women taking birth control pills, be advised that antibiotics may interfere with effectiveness.

SWELLING:

Swelling may occur following your procedure and will typically increase 2-3 days after surgery. To minimize the swelling, place an ice pack over the outside cheek area for 20 minutes on and 20 minutes off for the first 2-3 days following procedure as often as possible.

BLEEDING:

A small amount of bleeding is normal. If excessive or continuous bleeding occurs:

- Do not rinse your mouth
- Elevate your head when laying down
- Apply moistened gauze to the immediate are with moderate pressure for 20 minutes; repeat if necessary
- Enclose a moistened tea bag (regular black tea) in a gauze square and apply for 20 minutes Call the office if bleeding persists

**DRESSING:**

The dressing(which acts as a bandage) is used to protect the surgical site and help reduce discomfort. If it comes off or causes discomfort please call the office.

DIET:

Avoid chewing on the side where you had surgery. For the first 24-48 hours avoid hot foods as they can tend to cause bleeding. A soft diet is recommended. Foods such as cottage cheese, oatmeal, soup, eggs, yogurt, pasta, mashed potatoes, casseroles, and fruits are more easily eaten. Rember adequate nutrition is essential for feeling better as well as healing. (Avoid berries with seeds)

BRUSHING:

Do not brush the surgical site until you return for post operative appointment and are told to do so. Do not use an electric toothbrush or water pic for at least 6 months unless directed otherwise. You may resume normal brushing and flossing in other areas the following day.

RINSING:

Do not rinse for the first 24 hours as you may dislodge a clot. After that you may use a diluted mouthwash and without swishing, just tilt you head from side to side to let the rinse roll gently and then without spitting let the rinse fall from your mouth.

SMOKING AND STRAWS ARE TO BE AVOIDED FOR AT LEAST 2 WEEKS ALCOHOL SHOULD BE AVOIDED WHILE TAKING PRESCRIPTION MEDICATIONS

SUTURE REMOVAL:

If you premedicate for treatment, please take it prior to your appointment. It is normal for sutures to feel tight with healing. For some patients the sutures can become loose, please do not try to remove them yourself. Call the office and we will get you in to remove or trim them if needed.

PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS: 215-504-5437