



POST OPERATIVE INSTRUCTIONS

1. Do not smoke or drink alcoholic beverages for the remainder of the day. **ATTENTION SMOKERS, smoking may cause delayed healing and more postoperative discomfort.** For best results, do not smoke for **entire** postoperative period.
2. You may be given several prescriptions:

Before the numbness goes away, take 2 tablets of Ibuprofen (Advil, Motrin) or 2 tablets of acetaminophen (Tylenol) every 6 hours for the first two days, then as needed. Take one tablet of the prescription strength pain medication at night to help you sleep. Also, if ibuprofen or acetaminophen is not enough to make you comfortable, you can add one tablet of the prescription medication. If you experience some nausea or dizziness, eat a small amount of starchy food or cut the medication dose in half.

NOTE: If you take a prescribed pain medication these medications may make you drowsy so do not operate vehicles or mix with alcohol when taking the medication.

If you were given an *antibiotic*, take as prescribed until all the medication is taken.

3. Slight swelling, discoloration and discomfort are normal. To minimize swelling and pain, immediately after surgery, ice should be applied on your face in the region of the surgery. The ice should be used for 20 minutes then removed for 10 minutes and repeated over the next 4-5 hours. If you are swollen 48 hours after surgery, you may apply warm moist wash cloths to the affected area every 2-3 hours. **Please remember to limit your activities (strenuous or cardiovascular exercises) for the next two weeks, as this may delay healing and cause more swelling.**
4. It is very important to continue with your home care during this time. Floss and brush with toothpaste or a baking soda solution. This may be difficult in the surgery site, let comfort be your guide. If you have an electric brush avoid using on the surgical sites use a soft bristle manual toothbrush. **Starting the day after surgery, use warm salt water rinses 2-3 times daily for the next two weeks (1 tsp of salt for every 3-4oz. of warm water).**
5. Eat a diet as normal as possible, but avoid chewing in the surgical site. Avoid hard crunchy foods that require heavy biting pressure. Foods such as soups, cottage cheese, yogurt, eggs, instant breakfast, milk shakes, mashed potatoes, etc., are recommended. It is best to take your medications on a full stomach rather than an empty one to avoid nausea.
6. You might expect some slight bleeding over the first days but nothing of significance. If for some reason the surgical site begins to bleed heavily, apply direct firm pressure with gauze or tissue for 30 minutes. If the bleeding continues, call me.
7. A periodontal dressing resembling “silly putty” may have been used to cover the surgical site. If the dressing or pieces flake off it is of minor consequence as long as there is no pain associated with its loss. If you are concerned or if there is an increase in pain, call me.
8. It is our sincere desire to have you as comfortable as possible during the healing period. **Please feel free to call us at any time about your surgery. Our number (713) 629-5170.**