

POST-SURGICAL INSTRUCTIONS

Discomfort – Your best source for post-operative pain control is use of an over-the-counter anti-inflammatory if you are able to take this kind of medication, since most discomfort comes from swelling and inflammation. We recommend you take 400-800mg of Ibuprofen, Advil or Motrin every 6 hours for the next 2-3 days. Aleve can also be used, but the dosage schedule is every 12 hours. In addition, a narcotic (Norco, Ultram, etc.) may have been prescribed. This medication can be used to supplement your pain control, however it can make you drowsy or nauseated. **Please take all medication according to instructions on bottle. Do not take on an empty stomach.**

Antibiotics - In some cases, antibiotics will be prescribed. Antibiotics should NOT be taken at the same time as the pain medication to prevent nausea from occurring. Take all the Antibiotics as prescribed on the bottle until the prescription is finished. Do not stop taking Antibiotics because you feel better. **If you have a reaction to this or any medication stop taking it and call the office.**

Bleeding - There may be blood in the saliva or oozing the day of the procedure. This is normal and is not a cause for concern. Activity can often stimulate some degree of bleeding. Please **do NOT rinse or spit vigorously** for 2 days after surgery as this might promote bleeding. If there is excessive bleeding, identify the problem area and apply firm continuous pressure with a **moist** gauze or moist tea bag for 45 minutes to 1 hour. Repeat this until bleeding has stopped. Lie down and keep your head elevated for at least 45 minutes before re-examining the area. **Do not try to stop the bleeding by rinsing.** If bleeding persists please call the office or page Dr. Bass or Dr. Hall. **Bruising** is very common post-surgery.

Swelling – Icepacks can be used to manage swelling. Apply to the external facial tissue in the corresponding surgical area for 15-20 minutes per hour. This can be continued into the day following surgery.

Smoking – We recommend that you do **NOT SMOKE** for 4-6 weeks after surgery. It takes soft tissue about 4 weeks to heal completely. However, it is most important that you do **not smoke** during the first week after surgery.

Activity - Try to rest and keep talking to a minimum, avoiding strenuous activity or exercise for at least 3 days after the procedure. Be kind to yourself and allow your body to heal.

Sutures - Sutures will usually dissolve on their own prior to your first post-surgical appointment. If part of a suture starts to come out, please do NOT pull it out. You may cut the piece shorter if needed. **DO NOT PULL ON SUTURES.**

Oral Hygiene – Begin gentle rinsing with PerioGard (Chlorhexidine) the day after the surgery as prescribed on the bottle. Do NOT rinse vigorously for the first 2 days after starting the rinse. You may brush and floss all areas **not treated surgically**, but do not begin gentle brushing on your surgically treated areas until 7 days following the procedure. Gentle, warm salt-water rinses can be of benefit. **Note: Please DISCONTINUE use of any mechanical hygiene aid (Water-Pik, mechanical brushes) for 2 weeks post-surgically.**

Diet - A soft nutritious, high-protein diet is essential for optimal healing, as well as plenty of fluids. Avoid hot beverages, food and carbonated beverages for several days post-surgery as they can stimulate bleeding. **Do Not use Straws** for 2-3 days after surgery. The day of surgery stay with **cold** liquids (juice, Slim-Fast, Jell-O, pudding, no carbonated drinks). We recommend a **Non-Chewing Diet for the first week after surgery** (pudding, Jell-O, soups, mashed potatoes, macaroni & cheese, scrambled eggs, refried beans, etc.). **Do Not eat Hard, Crispy, or Crunchy Foods (breads, pizza, toast, meats, etc).** **Do Not Drink Alcohol beverages 48 hours after surgery or while taking any medications.**

We want the healing period to be as comfortable and worry-free as possible, so please do not hesitate to call the office if you have any questions or concerns. In the event of an emergency after business hours, please call the office and use our emergency voice mail system.