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POST-OPERATIVE INSTRUCTIONS

DAYS 1-3:

Antibiotics: Take as directed until all gone, including the day of surgery. It is a good idea to take either a Probiotic or to eat a yogurt with active cultures daily to prevent GI upset while taking an antibiotic. If you experience any persistent GI upset, develop a rash or have itching, please call our office.

Pain Medications: Take as directed after treatment, with soft, cold food to prevent nausea. If Ibuprofen was prescribed, take 600-800 mg every 6 hours for the first 4 days. If you still have discomfort while taking Ibuprofen only, you can add in an additional medication as prescribed by your doctor (ex. Ultram, Vicodin, Tylenol, Codeine) and take this medication at the same time as the Ibuprofen or alternate between Ibuprofen and the additional medication every 3 hours (ex. take Ibuprofen at 12:00, Tylenol at 3:00, Ibuprofen at 6:00, Tylenol at 9:00, etc). A common side effect of taking narcotic pain medications is constipation. If you experience this, a mild over the counter laxative can be taken to help relieve constipation. Please call if you have any questions on taking your pain. If your doctor prescribed you a steroid (ex. Medrol Dose Pack or Prednisone) begin taking this the DAY AFTER surgery. It is recommended to take the daily dose by 5:00 pm, as steroids can be stimulating and make falling asleep difficult if taken in the evening.

Swelling: Use ice packs for the first 2 days, alternating 20 minutes icing, 20 minutes not icing, to prevent swelling. It is normal to have some swelling following surgery, and you may notice a slight facial asymmetry in the mirror. If you have a large or persistent swelling, or if your swelling is hot to the touch, please call us.

Bleeding: A small amount of bleeding is normal for the first 12-24 hours following surgery. Remember, when a little bit of blood is mixed in with your saliva it can appear to be more alarming than what it actually is. If you have any red, streaming bleeding, place gauze (included in take home bag) moistened with cold water against the bleeding site and apply firm pressure for a minimum of ten (10) minutes. Repeat as needed. If bleeding is excessive, please call us.

Smoking: Smoking is best avoided following surgery, as it has been shown to have a negative impact on healing. Restrict your smoking after surgery for at least two weeks to improve healing. If you must smoke, please do not smoke for the first 24 hours please, as this increases chances of bleeding.

Diet:

Day 1: **cold** liquids and cold soft food (NOTHING HOT- as this will dissolve the blood clot and initiate bleeding). Ex. *Ice cream, malts, yogurt, pudding, jello, cottage cheese, etc.*

Day 2: **warm** soft foods are now okay as well (NOTHING HOT). Ex. *scrambled eggs, mashed potatoes, soup, pasta, etc.*

Use care when eating; do **NOT** drink using a straw; and eat a balanced diet with plenty of liquids. Avoid carbonated beverages for the first 48 hours following surgery.

Oral Hygiene: Avoid **ALL** rinsing for the first day. Then you may use warm salt water several times a day. If PERIDEX mouthwash is prescribed, use it for one (1) minute, twice a day starting the day after surgery. Do not eat or drink for at least 30 minutes after using. **DO NOT VIGOROUSLY SWISH WITH PERIDEX, GENTLY RINSE.** Starting on the second day, brush and floss uninvolved teeth regularly. **Do not brush or floss surgical areas until instructed to do so at your first post-operative appointment.**

Any non-dissolving sutures (if used) and/or pack will be removed at one of your post-operative appointments.

Be sure to get adequate rest. If you have any questions or concerns, please do not hesitate to call the office.

DAYS 4- 7:

Oral Hygiene: Brush and floss uninvolved teeth regularly as directed using the x-soft toothbrush provided. This reduces plaque and bacteria and aids in the healing process. Do not floss surgical area until instructed.

Sutures: Some or all of your sutures are resorbable. Some may come loose or out before your first post-op visit. This is normal as long as persistent bleeding does not occur at the suture site.

Membranes: Your surgery may have involved a protective membrane. These may become exposed. If you notice a white patch or rough area - **Leave It Alone.** Don't pick, tug or poke at it. If it is a resorbable membrane it will take 6 – 8 weeks to totally dissolve. If it is a non-resorbable membrane we will remove it at one of your post-op visits.

Peridex Stain: The rinse we prescribed for use after your surgery may stain your teeth. It is not permanent and this will be removed at your second post-operative appointment.

Diet: Avoid foods that are hard, crispy, crunchy or things that contain small seeds until your first visit after surgery, as they may become wedged under your surgical site and delay healing or cause a post-operative infection. This includes chips, popcorn, nuts, small seeds (ex. on multigrain bread), strawberries, etc.