

POST-OPERATIVE CARE INSTRUCTIONS

1. Take all medications **as directed**. Our recommendation is to take 600mg ibuprofen (3 Advil) with 500mg Tylenol (1 Extra Strength) every 6 hours as needed for up to 3 days for pain. In addition, you can take 65 - 100mg caffeine morning and evening with the above to maximize efficacy (1 cup of coffee or tea or over the counter caffeine pill).
2. Apply ice packs to face, if directed, 15 – 20 minutes each hour for the first three hours after the procedure.
3. You may follow your regular daily activities, avoiding excessive exertion of any type for the first 24 hours.
4. For the first 24 hours, try to avoid rinsing, spitting or drinking liquids through a straw. These actions may cause bleeding. Beginning 24 hours after your surgical procedure, rinse with Listerine™ twice daily as it has been shown to improve healing. You may also rinse with warm salt water to aid in keeping the surgical site free from food debris.
5. You may brush and floss all your teeth normally, except for the surgical area. You may begin brushing this area 3 days following your surgery. Do not floss this area until instructed to do so.
6. Chloraseptic™ held in the mouth for 30 – 60 seconds will relieve soreness. Any mouthwash will diminish odors.
7. Occasionally, blood stains in the saliva may be expected. If there is considerable bleeding, take a piece of gauze or a moist tea bag (not herbal tea) and form it in the shape of a "U"; hold it between thumb and index finger, and apply to both sides of the surgical area with pressure for 15 – 20 minutes. You may need to repeat this procedure more than once.
8. Some degree of swelling may occur. This may not be noticed until 24 hours after surgery. Usually this swelling reduces in an additional 48 hours.
9. If possible, do not eat on the surgical side for the first 24 – 48 hours. Take liquids and/or semi-solid foods (fish, chicken, pasta, rice, eggs, yogurt, etc.) for the first day. **Please eat.** Nourishment is important for healing.
10. CONTACT THE OFFICE IF:
 - A. Excessive bleeding occurs.
 - B. Severe pain is present for prolonged periods.
 - C. Marked swelling occurs.
 - D. You have any additional questions.