



## **POST-OPERATIVE INSTRUCTIONS**

### **GENERAL**

Your post-operative time should be uneventful. You should experience only mild discomfort. Smoking during the post-operative healing phase is strongly discouraged. Do not exert yourself for the first few days. To minimize the possibility of post-operative problems, please follow the instructions below.

### **MEDICATIONS**

Please carefully follow directions for medications. Take all medications with a full glass of water. If at any time you become nauseous or you experience itching or a rash while on medication, discontinue the use of all medications and contact our office. Women using birth control medication should be cautioned that antibiotics may reduce the effectiveness of birth control medications. Alternative methods of birth control should be employed while taking antibiotic medications.

### **DIET**

You should eat a well-balanced diet, consisting primarily of soft foods which are easier to chew. Eggs, soft meats, fish, mashed potatoes, jello and puddings for the first 2-5 days will be easily managed. A protein enriched meal replacement shake is also a good option. Please avoid nuts, popcorn and other crunchy food following surgery. We suggest that you not bite directly into hard foods such as apples, carrots or hard breads following surgery. You should also avoid hot liquids. Room temperature for food and liquids, (coffee, tea, soup), for 24 hours after surgery.

### **BLEEDING**

There will be a minimal amount of bleeding for the next 24 hours. If you experience continuous or sudden bleeding, you should rinse with ice cold water several times and then apply a wet tea bag (caffeinated is best) with firm pressure directly on the area. If bleeding does not stop within 15 minutes, call our office. To minimize the chance of a bleeding problem we suggest that you do **not** smoke, spit, or use a drinking straw for the first 24 hours. Keeping your head elevated for the first 6 hours after surgery will also minimize bleeding.

## SWELLING

Moderate swelling and/or bruising may occur for the first 3 or 4 days after surgery. Swelling can be minimized by the application of an ice pack over the operated area as soon after surgery as possible. Alternate the ice for 15 minute intervals (15 minutes on/15 minutes off) for the first 4 to 6 hours after surgery. Do **not** use hot compresses.

## ORAL HYGIENE

It is important that you maintain your mouth in a clean state. Although you should avoid the surgery area, treat the remainder of your mouth with a high level of care and attention to encourage the healing process. If a medicated mouthwash is prescribed, please use as directed. If no mouthwash is prescribed, gentle rinsing with warm salt water can be initiated on the day following surgery.

## SURGICAL STENT

If given a stent to wear post operatively, you should wear the stent continuously for 24 hours following surgery. After 24 hours, remove the stent and clean it thoroughly with a toothbrush. Gently brush your teeth, avoiding the surgical site. Leave the stent off when possible to allow the tissue time to “breathe”. You may continue to wear the stent on a limited basis as needed for discomfort and/or bleeding. You should continue to clean the stent each time you brush your teeth. The stent is provided for your comfort. If after 24 hours you are comfortable without the stent, you can discontinue wearing it.

**Please call us if you have any questions, 704-365-0123.  
There is always a doctor on call.**

## MEDICATION INSTRUCTIONS

*If you experience discomfort, you may take **three (3) 200 mg over-the-counter Ibuprofen tablets (Motrin, Advil)** and then three (3) hours later; take **two (2) 500 mg over-the-counter Acetaminophen tablets (Tylenol)**. You may alternate these medications every three (3) hours, but you should never exceed the maximum daily dose for either medication. Please alert us if you are allergic to Ibuprofen or Acetaminophen.*