



Post-operative instructions

Medications: Medications prescribed for discomfort may be taken as needed. Normally, you should find 600mg of Advil (Ibuprofen) taken every 6 hours is adequate for any discomfort experienced. (Maximum daily dose is 2400mg).

Ice: Apply an ice bag or cold compress to the outside of your face over the operated area. Apply for 20 minutes, then remove for 20 minutes, then repeat. Do this for the first 6 to 8 hours. This will keep swelling and discomfort to a minimum.

FIRST 2-3 DAYS: Swelling tends to peak in 2-3 days. Bruising is expected. You may find the herbal topical Arnica helpful to reduce bruising.

Avoid for 24 hours after surgery: Rinsing, spitting, using a straw, hot liquids.

Eating: ***DO NOT AVOID EATING.*** Following a nutritious diet is important for healing. Avoid hard, chewy, seeded foods, for approximately 2 weeks. Keep a soft food diet ie yogurt, pudding, jello for 2 weeks

Bleeding: You may experience some bleeding during the first 24 hours. A tinge of blood in the saliva is not unusual. If bleeding still persists, call the office, 908-735-2722. For heavy bleeding of the palate following gum grafting: Apply a black teabag 20-30 minutes with pressure and repeat.

Brushing and flossing: Follow your normal home-care program in all areas except those involved in the surgery. Follow any instructions given for special oral hygiene techniques in the area of surgery.

Mouthwash: You may rinse with any mouthwash, starting the day after surgery. If the prescription mouthwash Peridex is suggested, rinse twice a day, starting 24 hours after surgery.

Other concerns you may have: Follow your normal daily activities, but avoid excessive physical exertion for approximately 2-3 days and excessive opening of the mouth for the first few days. Some swelling may occur. This is minimized by using ice and limiting physical exertion. You may also wish to elevate your head slightly while sleeping.

Call our office if: Excessive bleeding occurs, severe pain persists, swelling becomes severe, or you are running a fever.