

POST-SURGICAL CARE

- No strenuous exercise or heavy or heavy lifting for 48 hours (this can remove clotting that is needed for healing)
- Soft, cold diet for today and tomorrow. Return to warm foods at end of second day. Soft diet, being careful not to disturb the surgery site. Avoid popcorn, nuts, chips, tough bread, etc.
- No carbonated drinks for one week and no straws for one week
- No brushing or flossing (No electric toothbrushes) around the surgery site, but may brush other areas.
- Prescription rinse (PerioGuard), hold in mouth and guide around mouth lightly for one minute. **No vigorous swishing.** Do not use any other mouthrinses (Listerine, Scope), which are too harsh for your healing tissue.
- Ideal times for PerioGuard use:
 - 1) After breakfast, brush and floss teeth outside surgical field, wait 30 minutes, then use PerioGuard
 - 2) At bedtime, let PerioGuard be the last thing in your mouth, no eating or drinking afterwards.
- Some stitches will dissolve or come out on their own, some stitches will remain. If they feel loose do not pull them out.
- If you have any question or concerns, please call **859-629-5264** or your local ER in the event of a severe emergency.
- Things to look for are: Redness or warm to touch at the surgical site and fever of a 101° or greater or vomiting. These could be signs of an infection.
- Place a towel over your pillow at night and elevate head, bleeding and saliva mixed together looks like a lot of blood and may stain you pillow.
 - € Use Ibuprofen 800 mg 4 times daily for 5 days. **USE YOUR NARCOTIC (Norco) MEDS ONLY AS NEEDED** for breakthrough discomfort.
 - € Never replace the narcotic (Norco) for the Ibuprofen.
 - € Amoxicillin (ATB) one capsule, 3 times a day until gone.
- Do not give any of your medication to ANY other individual and do not leave your medication exposed and available to children.
- Post-Operative appointment at 10-14 days