

POST-OPERATIVE SURGERY INSTRUCTIONS

Take 3 over the counter (200mg) or 1 prescription (600mg) strength Ibuprofen (Motrin or Advil) every 6-8 hours for the first 3 days. Another prescription written for pain may be taken with the ibuprofen as needed. Caution, some prescription pain medications may cause drowsiness and should not be combined with alcoholic beverages. If antibiotics have been prescribed, take them as directed until completion.

Swelling may occur and could gradually increase up to the third day after the procedure has been completed. An ice pack over the area for 15 minutes on and 15 minutes off for the first 3-5 hours will help limit any swelling. It is not uncommon for some bruising of the area to occur. This is normal and will run its course and disappear in a few days.

Severe spreading of swelling with tenderness in the neck, severe pain or pus accompanied with a fever of 102F may indicate an infection. If this occurs, please call our office for further instructions.

It is common to have oozing which causes the saliva to become light red to pink for a day or two. This is not serious. A piece of gauze has been given to you to bite on for bleeding. Change the gauze as needed until the area has clotted. If the bleeding is excessive and does not subside in 1-3 hours after completion of the procedure, call our office for further instructions.

Brush and floss your mouth as you did prior to the procedure, but be gentle or avoid the area of surgery for the first week. Lukewarm salt water rinses may be performed up to 3 times daily for 7-10 days to aid in healing. Avoid the use of Listerine for the first week to avoid burning of the area.

Relax the rest of the day. The next day, you may do anything you feel like doing. Follow a soft diet and avoid chewing on the side in which the procedure was performed. Avoid very hot food and liquids during the first day that could contribute to bleeding.

For extraction sites, avoid smoking, use of straws, and vigorous rinsing for 24-36 hours to prevent a dry socket from occurring.

At the 1 week post-operative appointment, if sutures were placed, they will be removed.

If you have any questions or concerns, please do not hesitate to call our office.

Avason Family Dentistry (704)820-9797
Dr. Frank Avason (704)500-3337