



# POST-OPERATIVE INSTRUCTIONS

## Discomfort:

- Discomfort is best controlled with 600-800 mg of Advil or Motrin (ibuprofen) every 6-8 hours, as needed.
- If you cannot take Advil or Motrin, 325-650 mg of Tylenol may be taken every 6-8 hours, as needed.
- Do not drink alcoholic beverages while taking post-operative pain medications
- Consult with the office if you have any adverse or allergic reactions to the recommended or prescribed post-operative medications

## Bleeding:

- Some pinkness in saliva, light bleeding or oozing from the surgical site is normal for the first 24-36 hours
- If there is very noticeable bleeding, apply a piece of moist gauze or a tea bag with pressure for 30 minutes – repeat as needed

## Infection:

- If you are prescribed an antibiotic and/or a rinse, please use as directed. Begin using the rinse 24 hours after the surgical procedure. The rinse should be used for 2 weeks, twice daily (every 12 hours) for 1 minute. Do not eat or drink for 30 minutes after using the rinse.

## Swelling:

- Swelling and bruising may be expected and may last up to a week.
- Ice should be applied (10 minutes on, 10 minutes off) during the first 24 hours (do NOT apply ice directly to skin). A warm moist washcloth may be applied as needed after the first 24-48 hours.

## Other:

- If you have a full or partial denture, "plate," or "flipper," ask us if you can wear it following the surgery.
- Warm saltwater may be used as a rinse 24 hours after the procedure.

Contact the office or Dr. Morelli directly, if bleeding or swelling persists, severe discomfort is not controlled by medications, if limited opening of your mouth persists, or if you run a fever.

## DO's and DON'T's

### DO

- Eat soft diet (soup, noodles, mashed potatoes, etc.) for the first week or longer
- Keep your head elevated for the first day
- After 24 hours, gentle rinse using warm saltwater
- Brush all other areas in the mouth

### DO NOT

- Do NOT smoke, spit or drink from a straw for the first 48 hours
- Do not brush or floss the surgical area until your provider advises you (usually 2-3 weeks later)
- Do not eat very hot or spicy foods or drinks for the first 24 hours
- Do not eat hard, crunchy and raw foods (apple, carrots, nuts, popcorn, toasted bread, etc) for at least 1-2 weeks
- Do not rinse with hydrogen peroxide or mouthwash
- Do not exercise or engage in strenuous activity for the first 24-48 hours