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Post-Op Instructions

1. Bite on gauze for 30 minutes. Do not chew on the gauze. Change gauze every 30-45 min depending on bleeding.
2. Do not smoke for 24 hours.
3. Do not use a straw to drink for 24 hours.
4. Brush remaining teeth 3 times daily, but do not rinse or use a mouthwash the day of surgery.
5. Take medicines as directed.
6. If pain increases after 48 hours or if abnormal bleeding continues, call your dentist.
7. To prevent bleeding and swelling, keep your head elevated on 2 or 3 pillows while you rest and/or sleep.
8. Do not spit. Spitting will cause more bleeding. Excess saliva and a little blood may appear as a lot of bleeding.
9. If bleeding starts again, put gauze, a clean white cloth, or a damp tea bag over the bleeding area and bite on it with firm steady pressure for 1 hour. Do not chew on it.
10. Ice packs can be used immediately after surgery and for the next 24 hours to reduce swelling. Keep ice packs on 20 minutes and off 20 minutes.
11. Black and blue marks are bruises and may occur after surgery. Usually you do not notice them. Sometimes the skin is discolored. Do not worry about this.
12. Drink lots of liquids and you must eat.



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Post-Op Pain Control

We will always do our best to help prevent post-operative discomfort, but as with any dental procedure where hard (tooth), and soft (gum) issue is manipulated, there is bound to be some discomfort. The following protocol will be of the benefit to patients, provided they are NOT ALLERGIC TO ASPIRIN OR TYLENOL:

1. Take 600 mg. of Ibuprofen (trade names: Advil, Nuprin, Motrin IB, or just generic Ibuprofen 200 mg.) To get a total of 600 mg., you must take 3 tablets of the 200 mg. form. We prefer 600 mg. (3 tablets) to 200 mg., or 400 mg. because the first 400 mg. is for pain relief, the next 200 mg. is anti-inflammatory in nature and actually helps prevent pain. Most dental pain is due to inflammation thus, by taking 600 mg. every six hours, you will actually help prevent pain. If in the event the 600 mg. Ibuprofen upsets your stomach, then cut back to 1 or 2 tablets.
2. If the Ibuprofen does not control your pain, then take 2 tablets of Tylenol Extra Strength (Tylenol 500 mg., APAP 500 mg., or generic Acetaminophen 500 mg.) every six hours, along with the Ibuprofen 600 mg.
3. If the Ibuprofen and Tylenol Extra Strength combination does not control your pain, then call our office (even after normal office hours, an emergency contact number will be provided on the answering machine) and we will phone in a prescription to the pharmacy for you. We will have you take the Ibuprofen 600 mg., one Tylenol Extra Strength, and one Narcotic tablet every six hours. If this does not control the pain, then take the Ibuprofen 600 mg. and two Narcotic tablets. (Note: Each prescription Narcotic tablet, will have Tylenol in it as well as Narcotic).