



## Surgical Post-Operative Instructions

### After Today's Surgical Appointment

You should expect some pain and swelling following today's appointment, typically for 2 to 5 days. This pain may last for up to two weeks.

To limit potential swelling after your surgery, go home and relax. Do not engage in activity that will exacerbate swelling. Sit up-right, don't bend over or lay down. You can put an ice pack over your face where the surgery was done for 20 minutes on/20 minutes off. Start the ibuprofen as soon as possible.

To minimize this discomfort, you should take:

- Three (3) tablets of 200 mg ibuprofen (over the counter Advil type product) as soon as you can and repeat the dose every six hours. Take the medication for the next few days. Ibuprofen is the preferred pain medicine, since it is a strong anti-inflammatory and will help limit potential swelling.

(OR)

- Two (2) tablets of aspirin or acetaminophen (Tylenol type products) as soon as you can and then repeat the dose every four hours. Take the medication for the rest of the day. If you use Extra Strength Tylenol, take two tablets every six hours.

While the tooth remains tender, avoid chewing in this area, especially with hard crunchy foods like peanuts, potato chips and popcorn. These foods can get stuck in the surgical area and possibly cause an infection.

- Redness in your saliva for one or two days is normal. This is simply blood clot dissolving in the saliva.
- There may be oozing of blood around the surgical area, which will form a Jelly clot. This may be rinsed out with warm salt water without swishing (one teaspoon of salt in ½ glass of water).

After two days, you can swish oral rinse to clean the surgical area more aggressively.

**You cannot brush your teeth in the area of the surgery for a few weeks.** Remember if it hurts when you are brushing, you are doing damage to the healing tissue. You will be provided with a prescription oral mouthwash prescription (Peridex type product) to keep this area clean. After brushing your other teeth, hold the oral rinse over the surgical area for one minute. Use 3- 5 mg of the rinse without swishing. After two days, you can swish oral rinse to clean the surgical area more aggressively.

Best Regards,  
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