

# POST – SURGICAL INSTRUCTIONS

Following these directions is important to avoid complications and aid healing. Please read them carefully.

## 1. NO CHEWING, RINSING, OR BRUSHING THE DAY OF SURGERY

Avoid all foods that require chewing for the first 24 hours. Drink lots of liquids and eat soft foods. Ginger Ale, Ensure, Jamba Juice, ice cream, yogurt, soups (broth only), and similar food is recommended

## 2. SWELLING NORMALLY INCREASES FOR FOUR DAYS AND THEN GRADUALLY DECREASES

- Use ice on the outside of the face for 24 hours. Ice (or a bag of frozen peas) may be applied for 15 minutes and removed for 15 minutes, alternating on and off for 24 hours following surgery.
- After 24 hours, begin rinsing your mouth gently with salt water. Use ½ teaspoon of salt per cup of warm water. Rinse for one minute 5-6 times per day for four days.

## 3. BLEEDING IS NORMAL FOR 24 HOURS

- Bleeding will continue throughout the first day.
- Cotton gauze should be removed when sleeping.
- If bleeding is excessive, wipe away any old clots and place a moist tea bag on the surgical site. Any tea bag will work, but black tea is the most effective.
- Talking and movement of your mouth and tongue will increase bleeding.

## 4. TAKE MEDICATION AS DIRECTED

Take 800 mg ibuprofen and 500 mg amoxicillin three times a day, “by the clock”, until all medication is gone. For example, take both medications when you wake up, when you go to sleep, and once in between. You should do this even if you do not experience pain. Two Extra Strength Tylenol (500 mg) can be taken every 4-6 hours in addition to ibuprofen if needed for pain. Do not exceed 8 Tylenol Extra Strength tablets per day.

## 5. PATIENTS SHOULD NOT BE LEFT ALONE THE DAY OF SURGERY

## 6. DO NOT SMOKE FOR 48 HOURS AFTER SURGERY

## 7. USE THE PLASTIC IRRIGATION SYRINGE AFTER FOUR DAYS

Fill the syringe with warm water. After each meal, place the syringe tip into the lower sockets and flush out debris until clean. Continue using until the socket is closed, usually about one month.

**NOTE:** If you have any reason to believe that you are not recovering satisfactorily, please call Dr. Lamborn at (480) 294-0098.