



POST OP INSTRUCTIONS

- Prescriptions will be called in prior to the surgery. *If you have exam/consult on the same day, they will be called in prior to start of surgery.* It is also a good idea to pick up a probiotic.
- If possible, please pick up scripts before surgery so that you have physical pills at home and do not need to run to the pharmacy after the procedure.
- You will leave the office biting on gauze — the pressure should stop most, if not all bleeding.
- When you get home take gauze out. It will look red and slimy, that is normal. Throw it away and don't worry about it.
- Have something to eat; ice cream, yogurt, jello, pudding, apple sauce, soup (room temp). It may not taste very good because you are numb but make sure to get something in your stomach.
- Take your pills; one of each (antibiotic, ibuprofen). The best piece of advice I can give you is to be one step ahead of the pain, so if you get these pills on board before the numbing wears off, you are in good shape. The narcotic is to be taken on an as needed basis. One hour after taking ibuprofen if still in severe pain, then take narcotic. Use gauze every 45 minutes until bleeding is minimal. When using gauze it should be damp when placed in mouth and you should be biting down with firm steady pressure. If you have nice pillow cases, you may want to change them. Red drool on the pillow case or bed is normal.
- Remember the 3 “S” that you **cannot do for a week.**
 - **No** straws/suction
 - **No** forceful spitting
 - **No** smoking
- Gentle salt water rinsing until post op visit. Sutures fall out/unravel/dissolve on own. They do so at different times for different people. It is never an emergency or something to worry about.
- Ice should be used for 24 hours. After that, if on day # 4 it's still sore, switch to heat. You can use a heating pad, or you can boil a potato or egg and wrap in a paper towel. **Nothing should be placed directly on the face.** Gel packs that were provided can also be used as a heat source. Follow instructions printed on gel packs for heating instructions.
- Bruising is normal. Arnica does help.
- If you have a retainer, wear it! Even the night right after surgery.
- Be sure not to “guard” and keep your mouth tight and closed. In fact, after the first day, you should be stretching your mouth open as much as possible.