



## Postoperative Instructions

**Medication:** If no contra-indication exists, please take 2 to 3 Advil tabs = 400-600mg (200mg each) every 6 hours OR up to 4 tabs = 800mg every 8 hours or 3 times per day @ maximum 2400mg in a 24 hour period.

If needed, alternate with Tylenol ES 500mg. every 4hrs. No more than a total of 6 tablets of Tylenol ES (maximum 3000mg in 24 hours). e.g.: 7 a.m. Advil and 11 a.m. Tylenol ES.

**Prescription Medication:** If prescription medication is given, the doctor will instruct you on how to take it. Make sure to take your antibiotic as prescribed and until **all are taken**. If Tylenol III (with Codeine) or Vicodin is prescribed, you may take the Advil; however, please keep track of Tylenol/acetaminophen totals- maximum daily dosage (see above).

Use the ice pack, or crushed ice in a zip-lock plastic bag, alternating 20 minutes on and 15-20 minutes off for the first 24 hours. Swelling may peak at 48 hrs post operatively; therefore, continue with the medication instructions, but only ice for the first 1-2 days.

**Bleeding:** Reddish saliva and oozing are very common in the first 24 to 48 hrs. If persistent bleeding occurs sit up and apply a caffeinated tea bag moistened with cold water and apply light pressure to the area for 20 minutes.

If uncontrolled bleeding occurs, or if you have a concern, please call the office at anytime. Tissue color may change to white or dark purple; this is a normal tissue-healing process.

**Dressing:** (if applied) If a small or large portion of the dressing moves or falls off or if it causes discomfort, please call the office for an early follow up visit.

**Diet:** A soft diet is advised. Chewing preferred on the opposite side of the procedure site. If both sides were treated please follow soft diet. Avoid very hot liquids or foods, avoid any kind of seeds i.e. popcorn, strawberries, etc., and avoid smoking, and straws. Keep adequate fluid and nutrition intake for proper wound healing.

**Rinsing and Brushing:** Peridex or Perioguard (an antimicrobial mouthwash) may be prescribed.

Rinse twice a day as directed for a period of up to two weeks post surgically or as directed by your doc. Other over the counter mouthwash may be used if no prescription given. A soft brush will be given to you; very gentle brushing is recommended on the biting surfaces of the teeth at the surgical site. Avoid brushing the gums at the surgical site. Normal oral hygiene habits should apply to the rest of the mouth.

**Activity:** Do not participate in any strenuous activity for five days. Walking and everyday activities are okay. If a note to work place or school is needed, please let us know.

**Questions or concerns:** During office hours you can call the office at 781-861-7777. After hours please call the office; the answering service will page the on-call doctor.