



Integrative Dental Medicine

Surgical Post Op Instructions:

In general, the mouth heals well and quickly. In order to increase the chance of uneventful and speedy healing after surgery, it is important to be careful not to disturb the site and to follow the instructions outlined below.

- After surgery, do not disturb the wound until instructed by your doctor.
- Avoid rinsing and spitting for 48 hours
- Avoid strenuous activity for at least 48 hours or as directed by your doctor
- Ice area to minimize swelling for the first 48 hours as much as possible for 15-20 minute intervals
- Some bleeding is normal for 24 hours. It can be controlled by biting on gauze with steady light pressure for 30 minutes. If it continues you can do the same with a moistened black tea bag. If it still continues, call our office
- Swelling is also normal, as is bruising. Using an ice pack as instructed above will help keep to a minimum
- Some pain or discomfort is also normal. Take pain meds as instructed by your doctor. Usually Ibuprofen (Motrin, Advil) 600- 800 mg every 6 hours Or Acetaminophen (Tylenol 500-1000 mg every 4 hours is sufficient. For more significant pain a combination of Ibuprofen and Acetaminophen works very well unless advised otherwise by your primary care physician
- Keep head elevated during sleep for the first night or two
- **A soft** nutritious diet, plenty of fluids and avoid chewing on the side of the surgery
- No drinking through a straw, and nothing too hot to eat or drink for 48 hours
- Avoid brushing the area until instructed by your doctor. Use recommended syringe as instructed to gently wipe plaque off of teeth adjacent to the site. Continue normal oral hygiene in the rest of the mouth making sure to rinse very gently



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- Take prescribed antibiotics with foods/as directed until complete to prevent infection. If GI upset occurs, call our office immediately
- Refrain from smoking until healing completely. Using tobacco or other smoke inducing products significantly decreases the ability to heal properly