

## **POST SURGICAL INSTRUCTIONS**

If any questions or concerns arise, please call me at:

217.793.0196 Office

217.546.0123 Home

217.899.0354 Cell (**Nights and weekends-text name and information**)

- The anesthetic will continue for the next 3-4 hours.
- You may have been given a prescription for an analgesic and possibly an antibiotic. You should begin taking these with a full glass of water to decrease nausea. If your pharmacist has given you any other instructions, please follow the recommendations.
  - **Antibiotics negate the effectiveness of oral contraceptives.**
- Apply ice to the area alternating every 20 minutes over the next 36 hours.
- If you have been instructed to bite on gauze, change the gauze every hour for the next 24-36 hours. Do not keep the gauze in while sleeping or eating.
- Do not eat hard and crunchy foods (i.e. peanuts, popcorn, chips, etc.) and attempt to keep all foods away from the surgical site. Refrain from hot liquids for 36 hours (i.e. coffee, tea, soup). Warm temperature liquids are permissible.
  - Do not use a straw for 4 weeks.
- No alcohol consumption while taking prescription medication.
- An alternative to prescription medication includes: 600mg ibuprofen every six hours. In between each dose of ibuprofen, take two extra strength Tylenol.

**Consult with our office before beginning any medication regimen.**

  - **No smoking.**
- Brush your teeth as normal except the surgical area. Hold **Listerine** on the area for 60 seconds twice a day. Do not do any spitting or rinsing.
  - After 36 hours, some forms of exercise are allowed. Please check with us prior to any activity.
  - If you have a periodontal dressing and it comes off the **surgical site**, please contact me.

Post surgical check appointment: \_\_\_\_\_