



## ***POST-SURGERY INSTRUCTIONS***

Healing, following oral surgery, is usually fast and uncomplicated if you follow the directions below:

1. **Bleeding:** Bite on the gauze sponges for 30 minutes. Replace them with moistened gauze sponges for another 30 minutes, if fresh red blood is present. If bleeding continues after several changes of gauze, bite on a tea bag (such as Lipton's) for 30 minutes, and continue with the tea bag until the bleeding stops.
2. Do not drink or eat hot foods today, as you may dissolve or loosen the healing blood clot. Eat cool, soft, nutritious foods today.
3. Do not "suck" on the wound site for the next few days. (Such as sipping through a straw.) You may disturb the blood clot, causing bleeding, slow healing, and/or bone pain often called a "dry socket".
4. Do not eat hard foods for a few days in the part of your mouth that received the surgery. You could disturb the healing.
5. Do not overexert yourself during the next 24 hours.

### **The Points Checked Off Below Apply To You:**

#### **❖ Sutures (Stitches):**

- a. were not placed.
- b. were placed. You need an appointment in about 7 days to have the stitches removed.
- c. were placed. You do not need an appointment, the stitches will dissolve themselves in a few weeks.

#### **❖ Pain:**

- a. If you are able to take Tylenol (Acetaminophen) along with Motrin (Ibuprofen): Take 1 extra strength Tylenol 500mg along with 3 Motrin 600mg every 4-6 hours as needed for pain. It is also recommended to take caffeine 2x/day with this combination of over the counter pain meds (if taking pain meds. 4x/day, then 2x/ day with coffee or with a coke). If these medications don't control the pain, please call our office @ 651-646-2392.
- b. You have been given a prescription for pain. You may elect to try managing the discomfort with Aspirin or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled.

#### **❖ Antibiotic:**

- a. You have not been given an antibiotic. It does not appear you will need antibiotic therapy.
- b. You have been given a prescription for an antibiotic. Please take the medication as directed until all the tablets are gone.

You should be healed from this surgery very soon. Please call us if any questions arise, 651-646-2392. Thank you.