



SURGICAL HOME CARE INSTRUCTIONS

WHAT TO DO

- ❖ **Rest**, and take pain medication as directed - **Avoid strenuous activities** for the remainder of the day.
- ❖ Apply an **ice bag** or cold compress to the area for **20 minutes** then remove for **10 minutes** for the first day only. This can help keep swelling and discoloration to a minimum.
- ❖ It is very important that you take the Ibuprofen as directed, unless you are unable to take Ibuprofen. Please take 3 tablets (equal to 600mg) of Ibuprofen (Advil), every 4 to 6 hours today and if needed, the next few days. The Ibuprofen does two things for you:
 1. It serves as pain medication and thus decreases your discomfort.
 2. It is a strong anti-inflammatory medication, so it speeds the healing process.
- ❖ **Do not Rinse or use a “Water Pic”** for the first 24 hours following surgery.
- ❖ **Avoid lifting your lip.** It is possible to accidentally tear the sutures, open the incision and delay healing.
- ❖ On the **day after surgery, brush all of your teeth** after each meal, but *do not touch the sutures.*
- ❖ **Eat soft foods only** for the first day and avoid chewing in the operated area until the sutures are removed.

WHAT TO EXPECT

- ❖ **Some discomfort** is usually present. If the medication prescribed does not restore comfort, please phone.
- ❖ **A small amount of oozing** from the incision for a day or two following the surgery may occur.
- ❖ There will be some **swelling and discoloration** present for 3-5 days following surgery. This is a normal part of the healing process.
- ❖ There is often a **temporary loss of feeling** and the tooth **may feel loose** for a while.

If you have any questions or concerns, feel free to call Dr. Davis at 626-6404 or Dr. Strong 608-3789.

Your total well being is our primary concern.