



POST-OPERATIVE INSTRUCTIONS

- You may experience some pain, swelling, and bleeding after surgery.
- If excessive bleeding occurs, it can be controlled by applying pressure while biting on a gauze pad for 30 minutes.
- Avoid rinsing, spitting, and drinking through a straw for 24 hours following the surgery.
- Swelling usually peaks 48-72 hours following the surgery, this can be controlled by taking ibuprofen as directed.
- In some cases, bruising or restricted jaw movement may occur. Gentle heat application after the first 48 hours can help reduce these symptoms.
- Take antibiotics as directed and contact the office immediately if you have any reaction to the medication.
- For pain, ibuprofen 600mg can be taken every six hours, and alternated with Tylenol 1000mg, or used in combination as directed. Do not take any of the medication mentioned above if you are allergic or have been instructed by your doctor not to take it.
- Do not brush near the surgical site for one week following the surgery.
- Sutures may be present following the surgery, these will either dissolve on their own or be removed at the post op appointment 7-14 days after the surgery.
- Soft foods and liquids should be eaten on the day of surgery. Avoid hot liquids and food for 24 hours.
- Avoid exercise for 24 hours following the surgery as throbbing or bleeding may occur.
- Avoid smoking for 24 hours following the surgery.
- Partial dentures or flippers may be worn immediately after the surgery unless otherwise instructed. These should be taken off at nighttime.

For emergencies, please call or text 347-988-8759.