

Post-operative Instructions Following Dental Surgery:

- **Take Amoxicillin 3 x per day until gone**
- **Soft food diet for one week — warm soup (no big chunks of meat or potatoes), smoothies, protein/vegetable shakes, Ensure, Carnation Instant Breakfast, ice-cream. Avoid eating bread or any very hot (temperature) foods/beverages for the first week**
- Starting the second week, only chew on side of mouth opposite to surgery while still avoiding hard or crunchy foods like chips or peanuts
- Place an ice pack on surgical area for the first 24 hours — on and off every 20 minutes
- If swelling persists after 24 hours, use heat packs as needed
- Do not pull back lips or cheeks to look at the area as this can disturb the healing process
- Slight bleeding is normal for the first few days — apply pressure with gauze as needed
- Do not spit, use straws, or vigorously rinse for the first week to allow blood clot to form
- Do *gentle*, warm salt water rinses 3 x per day for the first week
- Starting the second week, rinse with Peridex (solution like Listerine, but stronger) 3 x per day
- Take Ibuprofen 600 mg— 3 x per day for the first 3 days and then take as needed
- Take Norco 5/325mg (strong pain medication — only take if needed) every 6 hours as needed intermittently with Ibuprofen, best time to take it is at night before bed — no not drive or operate heavy machinery while taking
- No smoking for minimum of 2 weeks post-op as this can delay healing
- No brushing around surgical area for minimum of 2 weeks post-op (but can immediately start brushing other areas of the mouth)
- Avoid strenuous exercise for the first three days due to risk of bleeding
- Pain should be expected to subside after approximately 3-5 days
- Sutures will be expected to be absorbed into your body within 2 weeks (will not need to come back to remove them)
 - If some sutures loosen or fall out in the first few days, this should not be a problem
- Small bone particles may naturally come out, which should not be of any concern



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