

Post-operative Instructions Following Dental Surgery:

What are my prescriptions and when should I take them?

- **Amoxicillin 500 mg (or Clindamycin 150 mg)** are antibiotics, which will help prevent any possible infections in the surgery area. Please take them **3 times a day for 1 week**.
- **Ibuprofen 600 mg** (Advil) is a higher dosage than the ones you find at stores. Take it **every 6 hours for mild pain**.
- **Tylenol #3 300 mg/30 mg** is a strong pain medication (different from regular Tylenol). Take it **every 6 hours for severe pain**. You can take it with Ibuprofen.
- **Peridex** is a disinfectant mouthwash. Think of it as your regular Listerine but stronger. Use it **3 times a day starting the week after your surgery**. For the first week, rinse *gently* with **warm salt water 3 times a day** instead.

What should I do after my surgery?

- **Soft food diet for 1 week.** Soft foods include yogurt, smoothies, warm soup (no big chunks of meat or potatoes), Ensure, protein shakes, and ice cream. Avoid any foods/beverages that are very hot. Also, no bread for 1 week. **You can go back to your normal diet starting the second week**, but avoid chewing on the surgery area. Avoid any hard foods, such as chips or peanuts for 2 weeks.
- **Use an ice pack on the surgery area for the first day.** On and off the area every 20 minutes. If the swelling persists after the first day, use a heat pad instead.
- **Rinse gently with warm salt water 3 times a day.** Make sure not to swish or gargle the water too hard.

What should I NOT do after my surgery?

- **Do not smoke or vape for the first 2 weeks.** This can cause harm to the surgical area, which can delay the healing of the procedure. It may also affect the overall success of the treatment as well. It will be best if you can avoid it completely until the treatment is done, but stopping for 2 weeks is a must.
- **Do not pull your lips or cheek back to look at the surgery area.** Let the area rest and heal.
- **Do not spit, use straws, or vigorously rinse for the first week.** This can create a suction inside your mouth, which will undo the blood clots that are forming.
- **Avoid any heavy exercise for the first 3 days.** We don't want the blood flowing too fast throughout your body and cause more bleeding in the surgical area.
- **Do not brush the surgical area for 2 weeks.** Everywhere else is okay though.

Anything else I should keep in mind?

- **Pain and swelling is expected to subside after 3-5 days.** Of course, different people heal at different rates. Make sure you are taking your medications to help with any discomforts or pain.
- **We use dissolvable sutures (or stitches).** This means that the stitches will slowly be absorbed by your body, so you don't have to come back to remove them. Also, some sutures may fall out after a few days, but this won't be an issue.
- **Small bone particles may naturally come out.** It may feel like sand in your mouth. If a little comes out, that is perfectly fine. And it is safe to swallow as well.

If you have any other questions or concerns, please feel free to contact us at 404-348-2437. Thank you!