



SURGICAL POST OP INSTRUCTIONS

WHEN SHOULD YOU NOTIFY YOUR DOCTOR?

1. If profuse bleeding continues after 3-4 hours of application, constant pressure
2. If pain and/or swelling increases after three days
3. If you have an allergic reaction to any medicines provided

If you have difficulty breathing or swallowing, **go to the emergency room**

GENERAL INSTRUCTIONS

DO NOT:

- Rinse or spit for 24 hours after surgery
- Exercise or lift heavy objects for 72 hours after surgery
- Smoke for 72 hours after surgery
- Drink with a straw or create any negative suction in the mouth for 72 hours after surgery

DO:

- Brush very gently on the surgery site
- Eat a softer diet for 24-48 hours as to not overwork the surgical site
- Avoid foods with small particles to ensure site remains free of debris, as well as avoiding foods that could poke the area
- Sleep with head above the heart for the first 24 hours

WHAT TO EXPECT AFTER ANY SURGERY

Bleeding: To control bleeding after surgery, place 1-2 pieces of folded gauze on surgical site and bite down for 10-20 minutes. Repeat this process until blood is **LIGHT** and **PATCHY** on the gauze. Gauze should only be required for the first 24-48 hours. If blood is **HEAVY** and **SOAKED** through the gauze after changing it multiple times, notify your doctor.

Swelling: To minimize swelling and bruising, apply ice packs at 10-20 minute intervals for **48 hours** consistently.

Discomfort: You should begin taking pain medication as soon as you feel the local anesthetic wearing off. The recommended regimen for pain is:

1 Extra Strength Tylenol (500mg) with 2-3 Ibuprofen (400-600mg) every 6-8 hours, as needed.

DO NOT TAKE ANY OF THE MENTIONED MEDICATION IF YOU ARE ALLERGIC OR HAVE BEEN INSTRUCTED BY YOUR DOCTOR NOT TO TAKE IT.

For best results, follow this regimen for 3 days whether or not there is pain. The anti-inflammatory properties will help with healing.

Please contact Dr. Weiler with any further questions or concerns:
drweiler@thehamptonsdentist.com | call/text: (631) 998-3980

(If contacting after office hours, please send a text message to the office phone number listed above)