



## **Postoperative Instructions**

### **Medication:**

To be taken 3-4 times per day (with meals and bedtime)-**START ASAP AFTER SURGERY**

1. 600-800 mg Ibuprofen (NSAID, i.e., Advil, Motrin) –maximum 2400 mg/day
2. 1-2 Extra Strength Tylenol, and/or the prescribed narcotic pain pill-maximum 3000mg/day
3. Take the antibiotic-as directed and until gone unless told otherwise

If a prescription pain medication is given, your doctor will instruct you on how to take it. If Tylenol III or Vicodin are prescribed, you may take it at the same time as the NSAID or Tylenol, but you must keep track of the maximum dose of acetaminophen (Tylenol) in 24 hours. \* Use ice pack or crushed ice in a zip-lock plastic bag alternating 20 minutes on and 15-20 minutes off for the first 24 hrs. Swelling may peak at 48-72 hours post operatively; therefore, continue with the medication as needed for pain and swelling.

### **Bleeding:**

Red/pink saliva and oozing are very common in the first 24 to 48 hours. If persistent bleeding occurs, sit up and apply a moistened, caffeinated tea bag with light pressure to the area for 20 min. If uncontrolled bleeding occurs or you have a concern, please call the office at any time. Tissue color may change to white or dark purple; this is a normal tissue healing process.

### **Diet:**

Soft diet is advised until otherwise told. Chewing preferred on the opposite side of the procedure. If both sides were treated, please follow a soft diet. Avoid very hot liquids and/or foods initially, as well as seeds or crunchy foods such as toast or popcorn. AVOID smoking, straws, and kissing. Do not pull on your lip to 'check on the area' as this can affect the success; it will turn many colors over the first days/weeks including red, purple, and white. Keep adequate fluid and nutrition intake for proper wound healing.

### **Rinsing and Brushing:**

An antimicrobial mouthwash may be prescribed. Rinse twice a day as directed for a period of up to two weeks post surgically. Warm saltwater rinses after you eat can also help to contribute to healing. A post-surgical soft brush will be given to you to use as directed by your doctor, who may recommend very gentle brushing on the biting surfaces of the teeth surgically treated (or the teeth adjacent to an extraction site). Avoid brushing the gums at the surgical site. Normal oral hygiene habits should apply to the rest of the mouth. Be mindful when using an electric toothbrush or WaterPik.

### **Activity:**

Do not participate in any strenuous activity for 5 days. Walking and every day activities may be done.

**Questions or concerns...During office hours and after hours you can call the office at 781-861-7777. After hours and for emergency issues only you can ask the answering service to get in touch with your doctor to call you back. If for any reason the answering service does not respond, please call either Dr. Rabinovitz directly at 617-953-0925, Dr. Molina at 787-510-0124 or Dr. Exarchos at 617-930-1988**