



## IMPORTANT POST-OPERATIVE INSTRUCTIONS

Do's	Don'ts
<ul style="list-style-type: none"> <li>▪ Before the anesthesia wears off, take a mild pain reliever such as Advil (Ibuprofen)/Tylenol (Acetaminophen), or as directed by the dentist. DO NOT take Aspirin.</li> <li>▪ Slight bleeding is normal. Apply <b>firm</b> pressure to the area with a moist gauze pad for 10-20 minutes (repeat as often as needed). It is normal for the saliva to mix with blood on the day of the procedure, it may give the impression that there is more bleeding than in actuality.</li> <li>▪ On the first day of recovery, apply ice packs over the jaw (15 minutes on, 15 minutes off) for 4-6 hours. Slight <u>swelling</u> and <u>bruising</u> is normal and should subside by the end of the 1<sup>st</sup> week.</li> <li>▪ Sleep with head slightly elevated.</li> <li>▪ Take time to rest and relax.</li> <li>▪ Brush and floss all other areas of your mouth, but avoid the surgical site for 48 hours. You may brush and gently clean around the area on the third day.</li> <li>▪ If pain persists for longer than 48 hours or you have any concerns, please call our office at <b>604-336-9360 (after hours line available)</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ DO NOT disturb the treated area with your fingers, tongue, or toothbrush for the 1 week.</li> <li>▪ DO NOT eat or drink until the anesthesia has worn off. Cold or warm fluids may be taken in the first 4-6 hours. Thereafter eat soft, nourishing foods until you can chew without difficulty. Chew away from the affected area.</li> <li>▪ DO NOT eat popcorn, spicy foods, foods with seeds, or sharp edges.</li> <li>▪ DO NOT spit forcefully or use straws to drink , for 48 hrs, as suction may loosen the clot and delay the healing process.</li> <li>▪ DO NOT rinse in the first 24 hours. Begin a gentle rinse with warm salt water 24 hours after the procedure. Rinse after meals and before bed for up to 1 week after the procedure.</li> <li>▪ DO NOT use a strong rinses like Listerine</li> <li>▪ DO NOT disturb the treated area with a toothbrush for 1 week.</li> <li>▪ DO NOT smoke for a minimum of 72 hours after the procedure and if possible for at least 1 week after to prevent dry socket and to promote wound healing.</li> <li>▪ DO NOT consume alcohol for 1 week after the procedure. Alcohol delays wound healing.</li> <li>▪ DO NOT participate in sports or strenuous activities for the first 24-48 hours.</li> </ul>

### Medication/Pain Reliever Dosing Directions:

Alternate Advil 200mg (1-4 tablets) and extra strength Tylenol 500mg (1-2 tablets) every 2-3 hours.

**Maximum of Tylenol per day is 4000mg, maximum dose of Advil per day is 2400mg.**

e.g. 10am	12pm	2pm	4pm	6pm	8pm	10pm	12am	
A	T	A	T	A	T	A	T	A = Advil    T = Tylenol

***Questions or concerns? Please contact us.***

TELEPHONE: 604.336.9360

EMAIL: info@cypressdental.ca

1845 W 4<sup>th</sup> Ave, Vancouver B.C. V6J 1M4