SULLIVAN DENTAL PARTNERS
A TRADITION IN INNOVATION AND EXCELLENCE

General Post-Operative Instructions

Proper care of your mouth following surgery will promote healing and prevent complications.
For the first 24 hours, DO NOT rinse vigorously, smoke, spit, use a straw, or drink carbonated beverages.
After 24 hours, rinse gently with saltwater solution, using 1/3 teaspoon of salt in a glass of warm water 6 times a day for a week.

Pain control

Take Tylenol (500 mg) and Ibuprofen (800 mg) every 4-6 hours for any discomfort as needed.
Narcotics will be prescribed on a Case-by-Case basis.
DO NOT TAKE TYLENOL WITH NORCO.

Bleeding

Keep your head elevated. Keep firm pressure on gauze for several hours or as directed. Replace gauze as needed or after drinking or taking medicine. Do not be alarmed by swelling or bruising within the first week.

Discomfort

Following oral surgery, some discomfort and sensitivity is to be expected. Please follow instructions on pain control properly.

Swelling

Use ice packs for 12 hours following surgery.

Diet

A cool liquid diet is recommended for the first 24 hours. Transition to a soft diet and then regular diet as tolerated.

No heavy lifting or physical activity for 1 week.

No brushing over surgical sites.

If sutures are placed, it is normal for them to become loose or come out. Most sutures will dissolve after 3-4 weeks. A follow up appointment will be scheduled if it is necessary to remove them.

CALL DOCTOR IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING OR HEAT AT SURGICAL SITE. PATIENT MUST RETURN FOR FOLLOW UP VISIT AFTER SURGERY.

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