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## POST-OPERATIVE INSTRUCTIONS

- In your post-op bag that we are sending home with you, you have written instructions, extra gauze (which I will show you how to change in a moment), and your prescriptions form. On the outside of the bag there is a sticker with pertinent information, along with Dr. Williams's contact number and his website that has helpful videos, how to's, and post-op instructions as well.
- Your prescriptions are for an **ANTIBIOTIC** (Penicillin or Azithromycin/Z-Pak, typically), which you will want to start at the time indicated on the outside of your post-op bag. Make sure you take **ALL of this prescription** (there is one refill on the antibiotic, if needed). You have been given two medicines already, either through the IV or by injection. One is a steroid to reduce inflammation, and one is an NSAID, which is an anti-inflammatory—both of which will reduce the potential of swelling. Because you have been given these medications already, you will not need to take any medicines for pain for six hours (the time will be written on the sticker on the outside of your post-op bag). At the time indicated, you will begin taking your **prescription IBUPROFEN 600mg AND TYLENOL EXTRA STRENGTH 500mg TOGETHER**. Do not alternate these medications. Tylenol Extra Strength is an over-the-counter medication, and it comes in 500mg tablets, so you will need to take one. You will repeat this dosage combo **every eight hours for three days**. After three days, take as needed/if needed. This dosage regimen is typically all you will need to take care of your discomfort. You have also been given a prescription for **ZOFRAN in the event of nausea**. There is also a prescription for a medicated mouth rinse (**PERIDEX**) which you will not start using until tomorrow, 24 hours after surgery. Use this rinse **AFTER** you have eaten and brushed your teeth in the morning and the last thing before bed every night **for at least one week**. In addition to PERIDEX, rinse with warm salt water beginning the day after surgery every time you have a meal or snack. It is also a good idea to rinse after you drink anything other than water. **On the two days after your surgery day, you will just gently rinse** (no vigorous rinsing/swishing/spitting) by rocking your head back and forth and letting it fall out of your mouth while leaning over the sink. Beginning on the third day after your surgery day, rinse vigorously every time you eat or drink. Continue vigorous rinsing until sockets heal.
- Discomfort is directly related to swelling. If we can keep you from swelling, or limit the amount of swelling that you have, we can keep you comfortable. Once you get home, you will want to **use ice packs** by placing on the outside of both cheeks **20 minutes on/off** throughout the day as much as possible. (Ice in Ziplock baggies, with a thin cloth wrapped around it, works great if you do not have ice packs.) If you do not ice today, you have the increased potential for swelling. Ice is not indicated after 24 hours.
- **Change out your gauze in one hour, and then repeat the process once every hour until you remove the gauze and it is just pink.** At that point, you have pretty much stopped bleeding and can leave the gauze out. You want to keep **direct pressure** on the gauze **by firmly biting down**; the harder you bite, the faster you will stop bleeding. If you continuously change the gauze and it is red and saturated, this is an indication that you are not biting hard enough on the gauze and/or the gauze is not properly placed over the sockets. **When it is time to change the gauze, that is the ideal time to eat/drink**, then replace the gauze, if necessary. **DO NOT SLEEP WITH GAUZE IN YOUR MOUTH** as doing so would present a choking hazard.
- **For the next three days, you will want to avoid any carbonated beverages** (soda, beer, champagne). You will also want to **avoid anything that creates a suction in the mouth** (no drinking through a straw, sucking on water/sports bottles or juice boxes, no chewing gum/mints/suckers, and no smoking or vaping).
- **NO rinsing your mouth or brushing your teeth for the first 24 hours.** After that, you should resume brushing your teeth. Brush your teeth as you normally would, including your back teeth. Tenderness and slight bleeding are to be expected. The cleaner you keep your mouth, the faster you will heal. Any food debris, plaque, or bacteria in the mouth delays healing and increases the potential for swelling, infection, or dry socket. After you brush your teeth, you can put water in your mouth, rinse by shaking your head from side-to-side, and lean head over the sink, letting water fall out into the sink. **No vigorous rinsing/swishing/spitting for the first two days after your surgery day.** Beginning on the third day after your surgery day, you can start a vigorous rinse with regular water, warm salt water, or medicated mouth rinse **after every meal or snack** to make sure that sockets stay clean.

*Post-Operative Instructions (continued)*

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- Depending on your metabolism, you could be numb anywhere from 8-24 hours.
- As far as your diet, stay with just liquids the remainder of today (broth, yogurt, pudding, milkshakes thick enough to eat with a spoon, protein drinks, and ice cream). It is important to keep up your calorie intake, as your body needs the calories to heal. Also, it is important to stay hydrated. Starting tomorrow, eat a soft diet, such as yogurt, pasta, baked/mashed potatoes, scrambled eggs, oatmeal, and flaky fish. Do not eat anything hard, crunchy, or chewy. Gradually start adding more solid foods into your diet after a week or so.
- As far as returning to school, you will miss the remainder of today and probably tomorrow (play it by ear). You will want to refrain from sports activities or marching band for 3 days. If you play a wind instrument, please refrain from doing so for 1-2 weeks.
- Regarding physical activity, you should rest for the first 24-48 hours. Patients who have had sedation should refrain from driving an automobile or from engaging in any task that requires alertness for the next 24 hours.

**\*\*If you have any questions or concerns,\*\*  
please call or text Dr. Williams at 972.743.6561.**