



PATIENT POST-OPERATIVE INSTRUCTIONS

You have just undergone a surgical procedure. Therefore, certain precautions should be observed. To ensure your comfort and success of treatment, please follow these instructions carefully. Should you need to speak with a doctor after hours, please call the office.

1. **Pain/Discomfort:** A certain amount of discomfort or pain can be expected following all types of surgery. Should you notice **any increasing discomfort of an aching or throbbing nature occurring after 3 days**, please call the office.
2. **Pain Medication:** You will be given 600mg of Ibuprofen (Advil) at the beginning of your surgery. Continue to take 600mg every 6 hours for the next 72 hours. This will help prevent swelling. It is important that you take it even if you are not experiencing any pain or discomfort. You may also be given a prescription for a narcotic pain medication. This should be taken in addition to the Ibuprofen, if needed. Do not drive or operate machinery while taking the narcotic pain medication. If you cannot take Ibuprofen, please let Dr. Lightfoot or his assistant know.
3. **Ice Packs:** You will be given ice to apply to the outside of your face where the surgery has been performed. Continue to apply ice for 1 1/2 hours. The ice helps to prevent swelling. If some swelling does occur after 24 hours, switch to moist heat, as the ice will no longer be effective.
4. **Antibiotics:** If you have been given an antibiotic, **please take it until the prescription is gone**. If you develop a reaction, please contact us immediately. If you develop a rash discontinue the antibiotic and contact us. **If you have trouble breathing, call 911 immediately.**

5. Bleeding: **DO NOT RINSE THE SURGICAL AREA UNTIL YOU HAVE BEEN SEEN FOR YOUR POST-OPERATIVE VISIT**, as this could cause bleeding. **DO NOT DRINK THROUGH A STRAW** as this will dislodge the blood clots and cause bleeding. If **any bleeding** does occur:
- A. Wet a tea bag with warm water...
 - B. Place it over the area which is bleeding...
 - C. Apply pressure for five minutes.

If this slows the bleeding but does not stop it, repeat the procedure. If the bleeding persists, call the office.

6. **Periodontal Dressing:** A protective dressing (“packing”) may be applied to the surgical area to keep you comfortable. If the packing has been placed it will harden. **The packing should stay in place at least 24 hours.** If packing dislodges and you are comfortable, there is **no need** to contact the office. If you are uncomfortable, please contact the office. Pieces of the packing may become loose during the next week. At the post-operative visit any remaining packing will be removed.
7. **Cover Screw:** If you have had an implant and the cover screw becomes dislodged, do not worry. This cover screw is in place for your comfort and serves no health purpose.
8. **Avoid Smoking** as it will delay healing.
9. **Post-Operative Appointments:** All scheduled post-operative appointments (usually once per week after surgery as needed) are for your benefit and must be kept in order to monitor proper healing.

SPECIAL INSTRUCTIONS/ NOTES:

Remember, if you have any questions or concerns about your surgery, please call the office. If you have a dental emergency after business hours or on the weekend, please call the office and follow the menu or call Dr. Lightfoot’s cell.