



PATIENT POST-OPERATIVE INSTRUCTIONS

You have recently undergone a surgical procedure, and it is essential to follow certain precautions for your well-being and the success of the treatment. Please carefully adhere to the following instructions. In case of an emergency after hours, contact the provided phone numbers.

1. **Pain/Discomfort:** Some discomfort or pain is normal after surgery. **If you experience increasing discomfort, especially of an aching or throbbing nature after 3 days,** contact 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. If you cannot take Ibuprofen, take 1000mg of Acetaminophen (Tylenol) every 8 hours. Please let us know if you cannot take either.
3. **Ice pack / Swelling:** You will be given ice to apply to the outside of your face where the surgery has been performed. Continue to apply ice for 2 hours, 20 mins on and 20 mins off. The ice helps prevent swelling.
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 FOR SEVEN (7) DAYS,** 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, apply pressure with gauze or wet a black tea bag with warm water for 15 min. If this slows the bleeding but does not stop it, repeat the procedure. If the bleeding persists, call the office.
6. **Brushing/Flossing:** **DO NOT** Brush or Floss surgical area as directed.
7. **Eating/Drinking:** Don't chew on surgically treated area. If you had a **soft tissue (gum) graft** surgery eat soft foods for the first **6 weeks.** All other surgeries eat soft food for 7 days, unless instructed otherwise. **AVOID** chewy, hard, acidic, spicy foods or anything with seeds. Avoid hot drinks for the first 72 hours.
8. **Smoking:** Avoid if possible as it will delay healing.
9. **Exercise:** Please limit exercise and physical activity for the first 3 days as it will increase swelling in the area.
10. **Tissue (Gum) Graft:** **DO NOT PULL ON YOUR LIP** to look at the surgical area. Do not touch the area.
11. **Dental Implant Only (Cover Screw / Healing Abutment):** If you have had an implant and the cover screw/healing abutment becomes dislodged, do not worry. This cover screw/ healing abutment is in place for your comfort and serves no health purpose.
12. **Nasal Congestion (Sinus Lift Only):** If you had a sinus lift procedure **DO NOT** blow your nose for 48 hours post-op, light bleeding may occur from the nose as it is normal. Use oral decongestant (Sudafed ®), or nasal decongestant to clear sinus and wipe your nose.
13. **Post-Operative Appointments:** All scheduled post-operative appointments/calls (usually once per week after surgery as needed) are for your benefit and must be kept to monitor proper healing.

Braintree: (781) 848-2775

Duxbury: (781) 934-6998

Hingham: (781) 812-0740

Norwood: (781) 762-9292