

**POST-OPERATIVE INSTRUCTIONS**

1. Avoid rinsing for the rest of the day. You may begin rinsing **gently** within 24 hours.
2. **NO** smoking. **AVOID** using a straw.
3. Strenuous exercise should be avoided until the sutures are removed.
4. Restrict chewing to the side **opposite** the surgical site. Avoid hard and/or crunchy foods.
5. Occasional swelling can occur. Apply ice packs as needed at 10-15 minute intervals for the initial 48 hours.
6. If an antibiotic is prescribed, take according to the directions on the bottle until all of the capsules (tablets) are finished.
7. Analgesics for post-operative discomfort recommended for 48 hours or longer, if necessary.

**Ibuprofen** (example: Advil, Motrin) 400mg every 4-6 hours, you may supplement this with **Acetaminophen** (ex. Tylenol) 500mg ~~at the same time. Or you may be prescribed additional pain medication by Dr. Havrilla

8. Use the extra soft toothbrush provided to brush teeth near surgical site along with the prescribed mouthwash. Pour a small amount into the lid and dip the red brush, gently paint the mouthwash on the teeth involved. If you had an extraction, use a small amount of mouthwash to rinse. Do this until you return for a post-op check. Continue your usual oral hygiene around the rest of your teeth.
9. If a gum graft was performed apply Oralbase B before and after meals as needed or call the office for instructions. Wear the palatal guard for the first 24-48 hrs, then as preferred.
10. Slight bleeding is not unusual, if necessary, you may apply clean gauze or a tea bag with firm even pressure to the site. Call the office if bleeding continues.
11. If you have any questions or concerns, you may call the office at (610)328-9608. When leaving a message, please speak clearly and leave a message with your name and phone number where you can be reached. Doctor will return your call as soon as possible.