



BRIAN HOWE DDS Family Dentistry

Post-Surgery Instructions

Rest: Please do not over exert yourself for the first 1-2 days following surgery.

Diet: Patients may have soft foods the day of surgery and resume a normal diet the following day. Patients should avoid difficult-to-chew solids and spicy meals for the first two days. Do not drink alcoholic beverages for 48 hours. Do not use straws for 48 hours. You will feel better, have less discomfort and heal faster if you maintain adequate food and liquid intake.

Pain: There are degrees of discomfort with any surgical procedure. We recommend taking 800mg of ibuprofen (Motrin or Advil) immediately. Continue to take the medication every 6 hours as needed. Please take your medication as instructed with an entire glass of water. If your pain increases after 72 hours, please call us.

Bleeding: Some bleeding for 24-48 hours is expected. If bleeding continues or is excessive, take the gauze that has been provided to you and fold it and place between the adjacent teeth directly over the bleeding site and bite teeth together for 15 minutes. If the gauze is placed correctly, it may be uncomfortable, but must be done. If after repeating this procedure three times the bleeding continues, try biting on a moistened tea bag for 15 minutes. If bleeding still continues, please call us. Do not use straws or create negative pressure in your mouth because this may disrupt the clot. Elevating your head with a couple of pillows may help to prevent excessive bleeding.

Swelling: Swelling is associated with any surgical procedure. Some people will swell more than others do. Swelling will usually last from 5-7 days. Ice packs gently applied to the areas involved for periods of 20 minutes on and 20 minutes off may be of benefit for the first 48 hours following surgery. If swelling worsens after the second postoperative day, becomes very tender, hard and hot to the touch, please call us.

740-393-2161