

PRE-OPERATIVE INSTRUCTIONS

1. No aspirin 7-10 days prior to surgery. Aspirin and some herbal supplements may cause bleeding. Please check with your physician before stopping aspirin therapy.
2. No alcohol for two days prior to surgery.
3. One day prior to surgery, begin taking 1 Motrin and 1 Extra Strength Tylenol every six hours, and antibiotics as directed.
4. Make sure to eat prior to surgery. There is no need to fast. Do not have caffeinated beverages prior to surgery.

POST- OPERATIVE INSTRUCTIONS

1. Continue taking medications as directed. Take all antibiotics until finished. Continue 1 Motrin and 1 Extra Strength Tylenol every 6 hours – for 1 week
 2. Use stronger pain medication such as Vicodin or Percocet as needed. Taking it before bed is advised.
 3. Apply ice pack to surgical site for 15 minutes on and off for the first 24 hours. Use ice *day of surgery only*.
 4. Nothing *hot* to eat or drink the first day. Good nutrition is important during healing. Keep to a softer diet for the week.
 5. If bleeding occurs, rinse with Iced-Tea. Apply a moist tea bag with pressure to the area if necessary. It is normal to find blood in the saliva for the first 24 - 48 hours.
 6. Avoid strenuous physical activity or exertion for one week after surgery.
 7. Use two pillows when you lie down. Get plenty of rest.
 8. Do not brush the area of surgery. Use Peridex/Perio Guard to rinse with 2 times a day beginning the day after surgery. Try to keep your mouth as clean as possible to promote healing. Peridex can cause temporary staining with prolonged use.
 9. If you have any questions or problems (vomiting, rash, hives, itching, or loss of dressing) do not hesitate to call.
- * *It is helpful to take 2 tablespoons of Stoney Farms organic yogurt ½ hour before medications to offset potential stomach problems due to medications.*