

## **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 Ibuprofen 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 Ibuprofen and 1 Extra Strength Tylenol every 6 hours for 3-7 days.
  2. Apply ice pack to surgical site for 15 minutes on and off for the first 24 hours. Use ice *day of surgery only*.
  3. 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 apply a moist black tea bag with pressure to the area. It is normal to find blood in the saliva for the first 24 - 48 hours.
  6. Avoid strenuous physical activity or exertion for 1-2 weeks after surgery.
  7. Use two pillows when you lie down. Get plenty of rest.
  8. Do not brush the area of surgery. Use Chlorhexidine rinse 2 times a day beginning the day after surgery. Try to keep your mouth as clean as possible to promote healing. Chlorhexidine 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.*