



Post Operative Instructions

Please note: After treatment it is normal for discomfort and swelling to increase 1 to 2 days after surgery, and may last for 7 to 10 days, if symptoms persist longer please call.

PRESCRIPTIONS

- Control discomfort

Ibuprofen 800mg – take 1 tablet every 4 to 6 hours as needed

- Prevent infection

_____ (*antibiotic*) take as directed on package, it is very important you **finish them!**

- Cleansing/Healing

Antiseptic rinse (*Peridex*) – twice a day (once in the morning and once at night), one capful (1 Tbs) and rinse for 30 seconds, continue use until your post-op appointment

COLD COMPRESS - reduce swelling and discomfort

Use for the first 24 hours, 30 minutes on and 30 minutes off

It is normal for swelling to increase 1 to 2 days after surgery, if it lasts longer please call

EATING/DRINKING

For the first 24 hours avoid very hot liquids and eat a soft/cool diet (pasta salad, tuna, yogurt...)

Avoid crunchy, spicy, salty and acidic foods (pretzels, chips, tomato sauce...)

As you heal, you may eat whatever you are comfortable with

AVOID SMOKING for 2 weeks, it will significantly impair healing

BRUSHING

Brush/floss your teeth as normal, but avoid the area of the surgical site.

You may experience slight bleeding while brushing which is normal, please remember one drop of blood is like food coloring in water, it will discolor your saliva

The prescription mouth rinse controls plaque and speeds healing, use it daily as directed

CONTROL BLEEDING (if necessary)

It is common to have some oozing after surgery

Firmly bite down on gauze or place a wet tea bag (not herbal) with pressure on the area

If heavy bleeding continues, please call us

SUTURES Dissolvable sutures may become loose and or come out. This is a normal part of your healing. If you do not have dissolvable sutures they will be removed at your post op visit

EXERCISE

Plan to discontinue all exercise and/or physically strenuous work/activity for 48 hours

Dr. Matin will need to see you in 2-3 weeks. Post-operative appointments are brief but important and essential to ensure proper healing and the best results for your surgery.

****As always, please do not hesitate to call with any questions or concerns. The office number is 301-656-6424 and after hours Dr. Matin can be reached at 202-422-6262 ****