



## **Post-Operative Instructions**

**Home Care:** After surgery, go home and rest. Keep your head slightly elevated. Avoid strenuous activity during the healing period. Do not pull the lips back to look at the area as it can cause pressure or move the tissue.

**Hygiene:** Brush and floss unaffected areas. After 5 days, begin gentle brushing over the chewing surfaces of the teeth. After a week, brush all areas carefully. Avoid the area if it is painful. Do not floss until instructed.

**Rinsing:** Begin rinsing gently the day after surgery. Use the prescribed mouth rinse twice a day for 30 seconds. During the day, rinse with salt water (1/4 tsp salt in a cup of warm water) as often as desired.

**Medications:** Begin pain medication immediately. Effective over the counter pain medications are:

- Ibuprofen/Advil/Motrin (200mg) – 2-4 tablets every 6 hrs
- Acetaminophen/Extra-Strength Tylenol (500mg) – 2 tablets every 4 hrs

Or a stronger pain medication may be prescribed for you.

Please take all prescribed medication as directed. If you have an adverse reaction (rash, nausea, itching), stop the medication and contact our office or your family doctor

**Swelling:** Swelling and bruising are common and may increase over the first 3-5 days. Minimize swelling by applying an ice pack to the face alternating for 15 minutes on /15 minutes off for the rest of the day. If you feel swelling beyond 5 days or a return of swelling, call the office or Dr. Chong immediately.

**Bleeding:** Residual bleeding or oozing is normal for the first 48 hours. If bleeding is excessive, apply direct pressure with gauze or a regular wet tea bag for 30 minutes. Repeat if necessary. If bleeding persists, contact the office or Dr. Chong.

**Nutrition:** Drink plenty of fluids and eat a soft diet until your normal diet can be resumed. Avoid hot foods or drinks while your mouth is frozen. Avoid straws which may increase bleeding.

**Smoking and Alcohol:** Avoid alcohol for the first 48 hours. As smoking seriously impairs healing, avoid smoking for as long as possible.

**Protective Pack or Tissue “Glue”:** The pack serves to protect the area. It may fall off on its own, as a whole or in pieces. There is no harm to swallowing it. Tissue “glue” may fall off in pieces during the first week and a small amount of bleeding may result. There is no harm to swallowing it.

**Sutures:** Stitches may dissolve during the first week; others will be removed at a post-operative visit.

OUR OFFICE IS READY TO ANSWER YOUR QUESTIONS. DO NOT HESITATE TO CONTACT US DURING BUSINESS HOURS. Office: 613-287-0194

After hours page Dr. Chong: 613-274-8412 or email non-urgent inquiries: [s.chong@drchongperio.com](mailto:s.chong@drchongperio.com)