



Post Surgery Instructions

1. Apply ice 15 minutes on, 15 minutes off the affected area for several hours the day of surgery. Do not drink from a straw the day of your surgery or rinse vigorously. Keep your head elevated with two pillows when sleeping. Do not exercise or do anything that gets your heart rate up for the first 48 hours. If there is swelling the day after surgery you should apply moist heat in the same manner as the ice, 15 minutes on, 15 minutes off. Slight oozing of blood the day of surgery is not uncommon or an indication of an emergency. If you should experience excessive bleeding (anything more than pink saliva) you should place a tea bag or gauze on the area and apply continuous pressure for 10 minutes. If bleeding continues after 10 minutes of pressure, contact our office.
2. Moderate discomfort, bruising, and swelling is to be expected and may continue for several days. Normal peak time for swelling and bruising is usually on the third to fifth day. If you experience a fever or excessive hot swelling a few days after the surgery please contact our office.
3. Do not brush and floss after your surgery appointment. We have given you a prescription for an antimicrobial rinse (Peridex/Chlorhexidine) that you will use instead of brushing in the surgery area. This rinse is a potent anti-plaque agent. You may resume brushing and flossing all non-surgical areas the day after your surgery.
4. If dissolvable sutures have been used, they may start to loosen and dissolve four to five days after surgery. It is not necessary for you to remove them. Do not pull or tug on the sutures. If a surgical dressing (pink gum type dressing) was used, please do not disturb or remove it. The surgical assistant will remove it as well as all silk (black, non-dissolving type) and remaining dissolvable sutures at your next post-op visit. If the dressing happens to come off before your next appointment, please take extra caution to avoid and protect the surgical area. You do not need to contact us unless you start to experience the above mentioned complications (see #2).
5. After surgery your diet will be limited to soft foods. Examples: mashed potatoes, nourishing soups, pastas, soft fruit, eggs, yogurts, and Jell-O. Avoid hard or crunchy foods or foods that have small seeds in them. Examples: tortilla chips, nuts, popcorn, and raspberries or tomatoes. You should continue this menu until your first post-operative appointment (10 to 14 days).
6. To help promote the healing process we recommend that you take 500 mg. of vitamin C two to three times a day and 30 mg. of Zinc once a day. Some patients have also spoken highly of using Arnica Montana and Rutin. You can find these items at any health food store.
7. Depending on the surgical procedure you may be given an antibiotic. If you experience hives, rash, itching, etc...you should discontinue the antibiotic at once and contact our office immediately.

FOR QUESTIONS

DURING Business Hours, Call: 327-0263

AFTER Business Hours, Call: Dr. Robinson: 429-4845 ◦ Dr. Mackelprang: 230-5556