

Post-Op Instructions

- ***Ice pack:***

Apply ice directly to face (alternating 15 minutes on, 15 minutes off, continuing this for the first day). Ice will decrease swelling and pain.

- ***Pain:***

Please note: Some pain, swelling, and discomfort is normal and will occur.

Take medications, as directed, when needed:

800 mg Ibuprofen, every 6 hours, (using Tylenol (Acetaminophen) in between Ibuprofen doses, as needed, for additional pain management) no more than 4 times a day.

Or

2 extra strength (500 mg) Tylenol, every 6 hours. Take no more than 8, per day.

- ***Bleeding:***

Bleeding can normally be controlled by placing gauze in the area of the procedure by biting down or using firm pressure for 5-15 minutes. If bleeding cannot be controlled, call our office.

- ***Teeth brushing:***

Brush your teeth normally, avoiding the site of the procedure, for the next 3 days.

- ***Diet:***

You may eat normally when the numbness wears off. It is recommended that you avoid eating in the area of the procedure and ***refrain from eating hard crunchy foods*** for up to a week, after the procedure.

Please note: Following these instructions very closely will greatly help your comfort and promote uneventful healing to the surgical site.

If you have any questions or concerns, please call our office at (309)-691-6054.

In case of a dental emergency, call (309)-360-8502.