



## Post Operative Instructions for LANAP/LAPIP

1. You may have some slight discomfort when the anesthetic wears off, but you are to expect no appreciable pain from the treatment that was just performed. Any discomfort will be controlled with Aspirin, Tylenol, Advil, or your prescription. Take your next dose of \_\_\_\_\_ at \_\_\_\_\_. Take 600mg every 6 hours for 3 days. You may alternate in between with Tylenol if needed.
2. Apply ice packs to your face (unless directed otherwise), for 10 minutes at a time periodically throughout the rest of the day and tomorrow morning if needed. Some swelling may occur and may continue to increase up to day 3. After that, swelling should subside.
3. You may follow your normal activities but avoid excessive exertion for 2 days.
4. Brush and floss as usual, but **do not brush or floss the area that received surgery for the first week**. Use the mouthwash recommended (**Peroxyl – found at Target, CVS, Walgreens, etc.**) to control the bacteria 2 times a day – once in the morning and once at night before bed. Let the mouthwash sit, do not rinse vigorously for the first week following the surgery. Warm saltwater rinses are also recommended periodically throughout the day for the first week.
5. **Do not eat on the side that received surgery for the first 3 weeks**. Please limit yourself to a semi-cold diet for the first 24 hours. Soft foods for the first 3 weeks are important for healing. **Avoid foods with seeds, nuts, popcorn, etc. for a month**. Do not drink from a straw as this could affect clotting and healing.
6. **Please use the prescriptions (if any) as indicated. If there are any complications or questions, please call the office at (603)427-8383. If you are having an emergency after hours, please call Dr. Wilson at (303)913-6462.**