

Post Operative Instructions

1. If you have been prescribed Halcion or a different anti-anxiety medication from Dr. Wilson, please bring an escort with you to your appointment. **Your escort MUST remain at the office for the duration of your treatment.** This is for your safety.
2. You may have slight discomfort when the local 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, Motrin, Tylenol, Advil, or your prescription. You are to take your next dose of _____ at _____. We recommend you take 600mg of Motrin or ibuprofen every 6 hours for 3 days regardless of discomfort level. This medication is for healing and inflammation. If needed, you may take Tylenol in between your doses of Advil to better control discomfort. Tylenol may be discontinued when comfort level is reached. Continue taking Advil for the full 3 days unless stomach upset occurs. **If taking a prescribed pain medication such as Vicodin, do not take Tylenol as Vicodin contains this same medication.**
3. You may have a material around your teeth call a periodontal dressing or some surgical adhesive. It should not be disturbed. Do not brush or eat on the side of treatment for 1 week. It should be allowed to stay in place for as long as possible, but pieces may chip off. If this should happen, and you are comfortable, nothing needs to be done. If the dressing falls out or is swallowed, that is fine.
4. Apply ice packs to face (unless directed otherwise) for 10 min periodically throughout the rest of the day and tomorrow morning. Some swelling may occur. Maximum swelling usually occurs around day three or four but should begin subsiding after the fourth day. Should bruising occur, apply a warm compress after day two.
5. You may follow your normal activities but avoid excessive exertion for 5-7 days following treatment.
6. There may be bloodstain in your saliva during the first 24 hours. This is not unusual and will get better as healing continues. It is normal for bleeding to slightly increase as the anesthetic begins to wear off. This is temporary and should improve. If there is any bleeding beyond this point, you may take a piece of damp gauze or a teabag damped with cool water, form it in the shape of a “U”, hold it with your thumb and first finger, and apply pressure to both sides of the area for 20 minutes. Do not remove it to look at it. The pressure will stop the bleeding. **If you need assistance, please call the emergency number at the bottom of the page.**
7. Brush and floss as usual, but **do not** brush the teeth where the dressing is or the site of the procedure. Use the recommended mouth wash (**Peroxyl – found at Target, CVS, Walgreens, etc.**) to control the bacteria/sensitivity. Let the mouthwash sit, do not rinse vigorously for the week starting the day of surgery. Rinse gently with warm salt water in between using the mouthwash. This helps with healing, and the saltwater rinses may be used as often as you like.
8. **Do not eat on the side of treatment.** Please limit yourself to a soft, semi-cold diet for the first 24 hours and soft foods for the first week. Some suggestions for diet are soft vegetables, fish, chicken, pasta, eggs, etc. **DO NOT** drink with a straw. Avoid foods with small seeds, nuts, popcorn, etc. for a least a week. This includes berries, chia seeds, flaxseed, hemp seed, and whole grain breads.
9. Please use the prescriptions as indicated. If there are any complications or questions, please call the office at **(603)427-8383 or after hours, call Dr. Wilson at (303)913-6462**