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POST SURGICAL INSTRUCTIONS

- 1. DISCOMFORT:** The average patient experiences mild to moderate discomfort after surgery. Take your pain medication as directed, usually one pill every 4-6 hours, as needed to control pain. It is important that you take the pain medication before the numbness completely wears off. The day of the procedure it is recommended to take the medication on a regular schedule (every 4-6 hours). Do **not** take the pain pill on an empty stomach, as it may cause nausea and vomiting. If for any reason the discomfort persists, do not hesitate to call the office. You may also take 600-800mg of ibuprofen (advil, motrin, or generic) every 6 hours instead of taking the prescription medication. Do not take ibuprofen if you are currently taking any blood thinners, aspirin, or have any underlying stomach or intestinal problems.
- 2. SWELLING:** It is not unusual to have some swelling and/or discomfort in the surgical area. Applying an ice pack to the outside of the face may be beneficial to help reduce swelling. Apply the ice pack for 10-15 minutes then remove for 20 minutes. This can be repeated throughout the day. Use an ice pack for up to 24 hours after the surgery. To reduce swelling after 24 hours, apply moist heat to the site using the same intervals as the ice. If swelling persists for more than 4 days, please contact the office.
- 3. DRESSING:** A pink periodontal dressing may have been placed around your teeth at the surgical site. The dressing may take about 2 hours after placement to completely harden. Do not eat any solid foods or drink hot liquids until the dressing has hardened. Small pieces of the dressing may come off following the surgery, and should not cause any harm to the surgical site. However, if it becomes loose and causes discomfort, please call the office. Otherwise, the dressing will be removed at your first post-surgical visit.

- 4. BLEEDING:** Do not be concerned if you see traces of blood in your saliva for several hours after the procedure has been completed. This may continue for up to 3 days. If you discover excessive bleeding at the surgical site, moisten a tea bag with cold water, squeeze it until it is only damp, and apply pressure. Be sure to keep the tea bag moist at all times. If this does not reduce the bleeding within one hour, please call the office or Dr. Ramirez on his cell phone.
- 5. RINSING:** You will be given a prescription mouth rinse to use after the surgery. Rinse each night before bedtime and in the morning until you are instructed to stop (usually 1-2 weeks post-surgery). Additionally, warm salt water rinses (1 teaspoon salt in 8 ounces of warm water) is soothing and can also be used to rinse after meals or as often as needed. Begin flossing and brushing the teeth away from the surgically treated site the next day following surgery.
Avoid peroxide, alcohol, carbonated beverages, and smoking for at least 24 hours.
- 6. NUTRITION:** Adequate nutrition is essential for normal healing. During the first 24 hours, your diet should be restricted to cool liquids and soft foods which are easily chewed and swallowed. Dietary supplements such as Instant Breakfast or Ensure are recommended. A multi-vitamin such as z-Bec is good. Continue a soft diet for an entire week following surgery. Please do not skip meals. **If you maintain a healthy diet following surgery, you typically feel better, gain strength, experience less discomfort and heal faster.**
- 7. ACTIVITY:** We ask that you refrain from any strenuous activity and exercise for one week following your oral surgery.
- 8. SENSITIVITY OF THE TEETH:** Your teeth may be sensitive to hot and cold (and for some people sweets). This will slowly diminish and should be gone in 4-8 weeks after surgery, providing good oral hygiene is maintained.