

### Post-surgical instructions

During the first THREE HOURS after arriving home, consume at least 12 oz. of fluid every 30 min. (Non-carbonated, high calorie drinks, such as milkshakes, fruit juice, Gatorade, breakfast drinks, Ensure, Chocolate Milk)

Ice packs should be applied over the areas in 15 min intervals for the first 12-24 hrs.

### Prescriptions

You have been given prescriptions for antibiotics and pain medication. Take the antibiotic as directed until it is gone.

Additional pain medication was given through the I.V. prior to departure. It will be effective for 4-6 hrs after you leave.

Once home, begin by taking 600 mg ibuprofen (if you are not allergic to Advil or Aspirin) within the first 2-3 hrs. Then alternate between the prescription pain medication and the 600 mg ibuprofen, every three hours. The following is an example:

9:00 AM--600mg ibuprofen

12:00 Noon—prescription pain pill

3:00 PM—600mg ibuprofen

6:00 PM—prescription pain pill.

When the pain diminishes, take only the ibuprofen every 6 hours.

Do not drive within 6hrs of taking the prescription pain pill.

If nausea occurs, it is likely due to the prescription pain pill or dehydration. Drink lots of fluids, then take ½ pain pill at the time of the next dose, or discontinue pain meds altogether.

### Bleeding

Bite on gauze pads until getting home. Remove, and only replace if significant bleeding continues. If it does, bite firmly on new gauze for 10-15 min, then remove. The #1 reason for continued bleeding is lack of adequate pressure when biting on the gauze. It is normal to have a slight oozing for 12-24 hrs following surgery.

For the first three days, DO NOT:

Smoke, use soda straws, rinse your mouth vigorously, or drink carbonated beverages. All of these can lead to the loss of the healing blood clot, causing a dry socket.

### Diet

Maintain a healthy diet of soft foods and plenty of fluids during recovery.

### Sutures

If sutures were placed, they will dissolve within a week after surgery. They occasionally come out sooner. This is not a concern.

### Physical Activity

Avoid physical activity for three days, including the day of surgery. You will likely be more swollen and sore one the third day than the previous two.

### Oral Hygiene

You may brush your teeth gently the day after surgery. Be careful not to spit the toothpaste out too hard.

### In case of emergency

Dr. Fedosky may be reached at 214-538-9780.

### If you had I.V. sedation:

A small percentage of patients experience post-treatment tenderness or redness in the area of the IV due to chemical phlebitis. If this occurs, place a warm, moist wash cloth over the area at 15 min. intervals for 24 hrs. Phlebitis may occur several days to weeks after the procedure. It may manifest itself as discomfort or firmness of the vein, red streaks, small bumps, bruising, or other characteristics.