

AFTER YOUR SURGERY

- 1. Rinse your mouth with water and remove the moistened gauze when you arrive home.**
- 2. Eat soft food and take 3 (200mg.) Advil.**
- 3. Apply an ice pack on your face in the surgical area, 20 minutes on and 20 minutes off day of surgery only for 8-12 hours using gentle pressure. This will help to decrease swelling and pain the next day.**
- 4. Keep the surgical site clean with gentle salt water rinsing 4 to 6 times per day or Peridex 2 times per day. Do not brush or floss the teeth in the surgical site for the first 3 days. After the 3rd day you may brush the surgical site until your suture removal.**

PLEASE BRUSH AND FLOSS THE REST OF YOUR MOUTH WELL. THIS WILL HELP THE SURGICAL AREA HEAL. PLEASE EAT SOFT FOODS ONLY UNTIL YOUR SUTURE REMOVAL.

- 5. Try to sleep with your head elevated.**
- 6. Continue taking the antibiotics as prescribed until they are finished.**
- 7. Take 3 (200mg.) Advil every 6 hours with food as needed. If you cannot take Advil then you may take Tylenol or a prescribed pain medication.**
- 8. If there are any questions or concerns, please call our office or 416 230-3430 (Dr. Delle Donne) or 647 215-1113 (Dr. Ngo)**
- 9. Please make sure to book an appointment for a suture removal in one week and an appointment for your 6 month recall to our office.**