

Post Operative Instructions

RPC, WaterLase, Frenectomy, Biopsy, and/or Simple Extraction Procedures

Please refrain from eating or drinking until anesthesia has worn off completely.

1. You may feel slightly tired after the procedure. Have time available to rest if needed.
2. You may take Ibuprofen (Advil) or acetaminophen (Tylenol) for discomfort as long as there is no contraindication with other medications or allergies.
3. GENTLE Warm salt water rinses for 2 to 3 days. Add 1 teaspoon table salt to 8 oz. of warm water.
4. You may see a tint of blood in your saliva following treatment. This is normal.
5. Do not use toothpastes containing tartar control, baking soda and peroxide, or whitening agents.
6. You may resume your normal diet - however, please avoid the following: Popcorn, peanuts, or foods containing small seeds (such as sesame, poppy, etc.) for 48-72 hours.

Please feel free to contact our office if you have any other questions or concerns. Our number is 863-382-8878. You may reach Dr Kirsch after hours (Emergency) by calling (863) 381-0791.