

OFFICE PHONE 863-382-8878

## POST OPERATIVE INSTRUCTIONS

### General:

1. You may feel slightly tired after the procedure. Have time available to rest if needed.
2. No spitting, or sucking through a straw, as this may cause the area to bleed.
3. **GENTLE** Warm salt water rinses for 1 week, 2 to 3 times per day. 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. If you smoke, please refrain from smoking for the first 24 hours after the procedure and reduce tobacco use for the first week after treatment.
6. Do not use toothpastes containing tartar control, baking soda, and peroxide or whitening agents. Please use original cavity protection toothpaste with fluoride only.

### Activity:

1. Limit yourself to non-strenuous activities or rest on the day of the procedure. You may return to normal activity the following day.
2. Do not brush or floss any area where sutures are placed. All other areas of the mouth may be brushed normally. Use of fluoride or sensitivity type toothpaste is allowed.
3. Place ice pack on the side of treatment. Keep it on for 20 minutes and off for 20 minutes for the first 2 hours following the procedure.
4. If heavy bleeding occurs, place a moist tea bag directly on the area and bite firmly on the tea bag for 20 minutes. *If bleeding does not stop, call the office.*
5. It is vital to use the prescribed rinse after brushing in the morning and evening.

### Dressings:

1. In some cases, a dressing may be placed to protect the area. This dressing should stay in place until your follow up visit in one week. However, small pieces may break off or come loose. This is normal.

### Diet:

1. Softer foods and liquids are recommended for the first 24 hours after surgery. You may continue your normal diet after the first 24 hours.
2. Avoid spicy and acidic foods for 1 week, as these can irritate the area.
3. Popcorn, peanuts, crunchy, and hard foods should be avoided for 1 week.

### Medications:

1. (1) One Ibuprofen 800 mg taken with two (2) 500 mg Tylenol reduces inflammation, relieves pain, and lessens the need for stronger pain medications.
2. Any antibiotics prescribed are to be taken as directed to reduce the chance of any infection. If stomach upset occurs, if you break out in a rash, hives, or start to itch, stop medications, and call the office.
3. In cases where no prescriptions are given, Extra Strength Tylenol or Advil should be sufficient.

**YOU MAY REACH DR. KIRSCH AFTER HOURS CALLING HIM AT 863-381-0791.**