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ORAL AND MAXILLOFACIAL SURGERY

INSTRUCTIONS FOLLOWING FRENECTOMY OR APICOECTOMY

1. Do not smoke for at least 48 hours after surgery.
 2. Use Vaseline or any bland ointment 3 times daily if necessary for dry lips.
 3. PAIN: **See Post Operative Pain & Medication Management Page attached**
 4. ACTIVITY: Over-exertion for the first two or three days may cause throbbing pain as well as bleeding.
 4. DIET: Keep your diet soft for the first 3-4 days (milk, malted milk, ice cream, soup, fruit juices, smoothies, gelatine etc.).
 5. SWELLING: Swelling is to be expected, especially in the upper lip. Apply an ice bag to the area for 20 minutes and remove for 20 minutes as frequently as possible for the next 24 hours. We strongly suggest elevating the head by resting in a recliner chair or placing at least 2 pillows under the head during sleeping or waking hours. The swelling peaks in 48 hours and then slowly recedes.
 6. MOUTH RINSE / HYGIENE: Do not rinse the mouth within 24 hours after surgery. After this time, use 1/2 teaspoon of table salt in glass of warm water or diluted mouthwash and rinse gently. Do not swish vigorously, as you may disturb the blood clot which is vital to healing. Continued proper oral hygiene is imperative. Normal care should be maintained, but the surgical area should be avoided. Do not swish or spit.
 7. IN CASE OF UNUSUAL PAIN, SWELLING, OR BLEEDING: Call the office promptly with any questions or concerns. When calling after hours, please listen to the voicemail to get the information for the doctor on call. Please keep your phone line free for a return call.
- (513) 521-0110 Finneytown, (513) 755-3500 Liberty Township, (513) 771-4080 Springdale

**CALL FOR
POST OP APPT. 5-7 DAYS**

AS NEEDED

Post Operative Pain & Medication Management

Patients taking medications to relieve pain or other drugs that may slow reflexes should not operate machinery, cars, etc. while taking these drugs. Antibiotics should be taken as directed until the prescription runs out. If you were given a prescription for an antibiotic, it is very important that these be taken as directed until they are completely gone.

To decrease the number of narcotics our patients are being exposed to, we advise our patients to alternate Ibuprofen and Acetaminophen. Ibuprofen, Advil, and Motrin are all the same medication as are Acetaminophen and Tylenol.

We have our adult patients take 800 mg of Ibuprofen every 6 hours and 1000 mg of Acetaminophen in between doses of Ibuprofen. Patients are not to exceed 3200 mg in a 24-hour period of Ibuprofen or 3000 mg in a 24-hour period of Acetaminophen. Patients under the age of 12 should be given age and weight appropriate doses of Ibuprofen & Acetaminophen.

If you are unable to control pain with this regimen, we suggest adding the narcotic pain medication if one was prescribed. If you decide to take the narcotic, please stop taking the over-the counter Acetaminophen. Most narcotics already have Acetaminophen in them. However, you should continue the Ibuprofen as this will help with the pain management and inflammation.

While taking the narcotic pain medication, patients **cannot** drive, operate heavy machinery, or sign legal documents. Please be sure to eat before taking any medication.

If you are on a blood thinner (excluding aspirin) DO NOT take Ibuprofen.

Avoid alcoholic beverages.

If you have any questions, please do not hesitate to call.

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Prescriptions

Antibiotic: _____

Pain Medication: _____

Steroid: _____