

• Home Care Instructions •
QUICK OVERVIEW FOR THE FIRST WEEK

01

Once you get home remove gauze pads.

02

ELEVATE your head when you lie down, using a pillow.

This allows gravity to work for you and helps reduce swelling.



03

Place gel pack firmly against the face 20-30 min on then 10 min off during first 24 hours, except for eating & hygiene.



04

Take your medication as directed. It is best to be proactive in pain management.



05

Eat something soft and cool. Be careful to not bite your lip or tongue, as your mouth could still be numb.

06

Brush your teeth the day of surgery. Please start warm salt water rinses the day after surgery.



07

Take it easy for the first few days.

08

No heavy lifting or strenuous activity for the first 5 days.



IMPORTANT

FOR PATIENTS TAKING BIRTH CONTROL PILLS: Antibiotics can render birth control pills less effective. It is advisable to use an alternative (back up) method of contraception for the remainder of that cycle's package of pills when an antibiotic is taken.

WHAT'S ON THE MENU?

DURING THE FIRST WEEK

HELPFUL TIP: Cold is better than warm and soft is better than hard

DAY ONE & TWO

Foods that don't involve a lot of chewing.
This will be things that are semi-liquid.

Examples:

Applesauce, broth, cottage cheese,
pureed soup, pudding, yogurt, ice cream

DAY THREE & ON

Start to increase diet with foods that are soft.
Increase diet as you feel comfortable.

Examples:

Avocados, bananas, eggs, pancakes,
pasta, meatballs, steamed vegetables,
meatloaf, mac and cheese

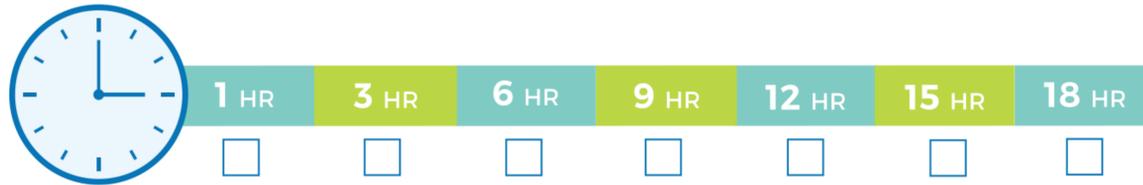
THINGS TO AVOID

In the first week try to avoid anything with
small seeds, popcorn, and nothing too chewy.

• Simple and Effective Pain Relief •
IBUPROFEN® AND TYLENOL® COMBINATION

- Ibuprofen®
- Tylenol®

First 48 Hours



Alternate medications.

To help keep track, check each box once you have completed that time.

Uses:

This combination of medications contains a non-steroidal anti-inflammatory used to relieve discomfort and reduce swelling along with an acetaminophen product used to relieve discomfort.

How to use:

For medically healthy patients over the age of 15 we recommend starting with your prescription strength **ibuprofen® (600mg)**. It is best to start this initial dose of medication prior to the local anesthesia wearing off. Take with at least ½ cup of water or juice to aid in absorption and reduce stomach irritation.

3 hours after taking your ibuprofen take **500mg of acetaminophen**. You will be alternating the ibuprofen and acetaminophen every three hours for the first 48 hours after the procedure.

Important!

This regiment is not for a patient with a liver disease, or kidney disease a patient on blood thinners.

- * Patients must inform our practice of any prescribed narcotics or pain relievers.

Side Effects:

May cause nausea, rash, shortness of breath or itching.

Contact our office if you experience any of these side effects.

If the above combination does not manage your pain, and you were given a prescription pain reliever, you may take that as directed. The prescription medication may cause drowsiness and will slow down your reflexes. Do not drive an automobile or operate heavy machinery. Avoid alcoholic beverages. **If pain persists, contact our office.**