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Comprehensive Family Dentistry

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SURGICAL POST-OPERATIVE INSTRUCTIONS

MEDICATION: Pain medication – take as directed with milk or food that is easy on the stomach. Do not use aspirin or aspirin containing products for the week following surgery. Ibuprofen products (Advil, Nuprin, etc.) or Tylenol are acceptable when you are not taking your prescription pain medicine. Alcohol must not be used with pain medicines. Antibiotics – take **exactly** as directed. ALWAYS FINISH THE COMPLETE ANTIBIOTIC PRESCRIPTION. Report any unusual reactions (dizziness, nausea, rashes, etc.) immediately.

BLEEDING: Bite on the gauze for 30 to 45 minutes. Some oozing is normal and expected for a day or two following surgery. If there is significant bleeding place pressure on the area with a moistened gauze or tea bag for 30 minutes. When lying down or sleeping keep your head elevated to help control bleeding. Report any uncontrollable bleeding immediately.

SWELLING: Ice packs should be used to minimize swelling for the first 24 hours. Alternate 20 minutes on and 20 minutes off. After 24 hours moist heat may be used to decrease the swelling. If swelling begins several days after surgery please call the office.

DIET: Adequate nutrition is essential. During the first 24 hours use cold liquids or cold soft foods (instant breakfast, yogurt, malt, etc.). Gradually progress to easily chewed foods. When you take regular nourishment you will feel and heal better and faster. It is also important to drink several glasses of water each day while recovering.

ORAL HYGIENE & SALT WATER RINSES: During the first 24 hours no cleaning near the surgical area is necessary. After 24 hours begin RINSING WITH A WARM SALT WATER RINSE AFTER EACH MEAL AND SEVERAL TIMES BETWEEN MEALS (1 tbsp. Per 8 oz. Water). Continue rinsing with warm salt water until the area is completely healed (this may take several days or weeks). After 24 hours use normal cleaning techniques where no surgery was performed.

DO NOT: SMOKE, USE ALCOHOL OR CARBONATED BEVERAGES, STRAWS, and EXPECTORATE (SPIT) OR BLOW YOUR NOSE for at least the first 48 hours.

PHYSICAL ACTIVITY: Plan to rest the day of surgery. Avoid excessive exertion for several days following surgery. Strenuous exercise should be discontinued for a full week following surgery.

SUTURES: If sutures were placed be sure to return in 5-7 days for you sutures removal appointment.

CALL: if you have questions. We desire you to be as comfortable as possible.