

**Dr. Steven Krakora**

**Dr. Brandon Humberger**

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This is a short list of important post-operative instructions to read while you're waiting for your family member or friend during the procedure. A complete list will be given in their post-operative bag, which includes gauze and will be reviewed.

1. When the surgery is complete and your family member or friend is recovering from the anesthesia, they will not have pain and will be feeling numbness in their lips, chin, and teeth due to the local anesthesia. This numbness will last several hours. Before the numbness wears off, have them drink some clear liquids and eat a little soft food. Once they have some food and liquid in their stomach, we recommend **800 milligrams of Ibuprofen, Motrin, or Advil**, they are all the same medication, **3 times a day**. Plan on having them take this regularly for the first week. **Pain and swelling will peak on days 3 and 4**. Ibuprofen works better if taken regularly and not only when experiencing pain. Taking it regularly is the best way to treat the pain. In addition to ibuprofen, Tylenol 1000mg can be taken for additional pain relief. This can be taken at the same time as the ibuprofen.
2. **In addition to the Ibuprofen they can take a narcotic if needed.** Take the Ibuprofen 3x/day as a base pain medication regularly, and when needed, the narcotic can be taken every 4-6 hours. The narcotic should **NOT** be combined with Tylenol.
3. **Bleeding is normal for the next two to three days.** Please don't be alarmed. If the bleeding seems heavier than you would expect, continue to bite on gauze. Do not perform vigorous mouth rinses. This will dislodge blood clots and increase bleeding.
4. **Continue the blue mouth rinse (Peridex/Periogaurd) starting the following day after surgery, but do not perform any vigorous mouth rinses, swishing, or spitting.** Just let it sit in their mouths and fall out after one minute.
5. **Brush teeth and keep them clean, but without spitting or vigorous mouth rinses.** We do not recommend a course of antibiotics after the surgery. This has not been shown to decrease the risk of infection, which is very low.
6. Sometimes when people wake up from anesthesia there is a release of emotion which results in crying when they become more aware of what's going on. If your family member or friend is crying when you're about to escort them out, please do not be alarmed by this. Crying is common and does not mean they are in pain. They will be numb for the next several hours and we recommend pain medication before the numbness wears off.
7. When the surgery is complete, we will ask you to move your car to the front of Suite 2. This is to prevent your family member or friend from having to walk a long distance through the parking lot.
8. When you get home, place ice on the face and eat a soft diet.

9. A list of complete instructions is included in your post-operative bag.

Thank you very much for choosing our office. We will take great care of your family member or friend.