

Surgical Post-Operative Instructions

Take medication for pain as needed. Ibuprofen (Advil, Motrin, etc.) 600mg with 500-650mg of Acetaminophen (Tylenol) every 6-8 hours for 48-72 hours is recommended for patients able to tolerate these types of medications. In addition, any prescribed medications should be taken as directed.

Do not take NSAID's (Ibuprofen, Naproxen, Aspirin, Celebrex) if you have a history of adverse reactions or your physician has advised you not to take them.

Do not attempt to inspect the surgical site as doing so may cause the sutures to come out prematurely.

Do not brush the day of the procedure. Starting the day after surgery, brush as normal except for the surgical area. Brushing of this area should be very gentle for three days following the procedure.

For 24-48 hrs after procedure avoid spicy foods, mint flavored mouth rinses, smoking, alcoholic beverages and strenuous exercise.

Swelling and possible facial discoloration may occur in the days following the procedure.

If you have any problems or questions, please do not hesitate to call our office.

FOR AFTER HOURS EMERGENCIES

Please call 207.405.0004 option 2 to be routed to the on call doctor.