

A surgical procedure was completed today. Here are things to expect and/or follow:

- 1 Expect swelling for up to one week. This does not mean there is infection, just more blood flow to the area for healing.
- 2 You may experience some bruising and this is also normal.
- 3 If you have been given a prescription for medication today, take it as prescribed. DO NOT mix other drugs such as alcohol with your prescription.
- 4 Take ibuprofen (over the counter brand names: Advil, Motrin) every 4-6 hours for as long as prescribed.
- 5 We may have discussed taking a decongestant if surgery was completed on an upper tooth. Please do not blow your nose for one week until we see you back in our office.
- 6 It is important to return to our office for future follow-up appointments, as we are checking on the healing process of your tooth.
- 7 ICE, ICE, ICE! Please use the ice pack that was given to you today. Place the ice pack to the area for 15 minutes and then leave off for 15 minutes, then repeat as often as you can.
- 8 Rinse with warm salt water. One teaspoon of salt to 8 ounces of water will help sooth sore gums.
- 9 Please avoid brushing and flossing in this area until you return to our office. Please call our office if any doubt arises as to your progress and recovery.
- 10 Feel free to call us at (918) 481-6622. We are available 24/7. Please leave a detailed message and a call back number.