

## POST-OPERATIVE INSTRUCTIONS

- Avoid any hot food and/or drinks until the numbing has worn off. This could be up to 12 hours.
- Do not eat on the treated side until the stitches are out. Try to keep your diet somewhat softer. Eggs, pasta, mashed potatoes, soups are some ideas of "safe foods". No chewy or crunchy food until fully healed.
- Do not brush/floss the treated area until the stitches are out. They will usually come out on their own within 5-10 days.
- Use saltwater rinse starting the day after the procedure. Do not rinse, spit, or suck through a straw the day of the procedure. This changes the pressure in your mouth and may trigger bleeding. It may also have an impact on the result of the treatment.
- Avoid exercise and/or any exertion for 48-72 hours.
- Swelling and pain tend to peak 3 days after treatment. This is normal and is not a sign of an infection.
- There is no need for you to experience excessive pain. The following is suggested for prevention of discomfort:

Take the prescribed anti-inflammatory as directed for 3-4 days. Be sure to take with food, as these medications can be very hard on the stomach. If excessive stomach upset occurs, switch to lower dose Ibuprofen.

### AND

Take Tylenol (1000 mg every 6 hours), if necessary, for pain, between the anti-inflammatory.

- Blood in the saliva is normal for the first 24-48 hours. If there is considerable bleeding, apply a moist gauze or tea bag over the area that is bleeding and hold pressure on it for at least 10 minutes.
- If gauze was placed, please leave it in place for 1-2 hours.

### FOR AFTER HOURS EMERGENCIES:

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