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POST OPERATIVE INSTRUCTIONS

FIRST 24 HOURS

In order to best control bleeding and discomfort:

- No rinsing
- No smoking
- No carbonated beverages
- No alcohol
- No drinking with straws
- No brushing/flossing in surgery area (continue normal hygiene in other areas)
- Rest and avoid physical activity
- If bleeding occurs, hold gentle pressure on the area for 30-45 minutes with a moistened tea bag or sterile gauze pads
- Do not chew in surgery area
- Soft cold foods are best
- No orange juice or tomato juice based foods
- Take medication(s) as directed-It is very important that you have something in your stomach!
- 2 Advil or 2 Tylenol may be alternated with the pain medication
- Call your doctor if you have any questions or problems
- Use ice pack 20 minutes on / 20 minutes off for 4 hours

♦Dr. Johnson Cell # 214-497-1017

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AFTER 24 HOURS TO THE FIRST POST OPERATIVE APPOINTMENT

- Continue on soft food diet cold or warm (no chips, popcorn, etc)
- Do not chew in surgery area
- Begin rinsing with warm salt water 4-5 times daily in surgery area (normal routine with oral hygiene in other areas)
- Continue on medication(s) as directed
- Maintain a low level of physical activity for first 7 days
- Sensitivity to hot and cold is normal after surgery and should gradually diminish
- Apply warm moist packs if area is still swollen
- Sutures will dissolve within 4-10 days unless told otherwise

Amoxicillin 500 mg This medicine is a penicillin antibiotic used to prevent infections. This medicine may be taken with food. Continue this medicine for the full course of treatment. **DO NOT TAKE THIS MEDICATION IF YOU HAVE HAD AN ALLERGIC REACTION TO A PENICILLIN ANTIBIOTIC!** (Ceclor, Keflex, Ceftin, and Duricef) **For women taking birth control pills, this medicine may decrease the effectiveness of birth control pills.** If you have *Diabetes Mellitus*, this medication may cause false test results with some urine glucose tests.

Clindamycin 150, 300 mg This medicine is used to treat or prevent infections. This medicine may be taken with food. Continue taking this medicine for the full course of the treatment. **For women taking birth control pills, this medicine may decrease the effectiveness of birth control pills.** If you experience sore throat, oral burning sensation, fever, fatigue, or if the symptoms of infection increase, please contact us immediately. This medicine may upset your stomach. Take Mylanta or Pepto Bismol to help.

Darvocet N 100 This medicine is used to relieve pain and **should be taken with food.** This medicine may cause drowsiness or dizziness. Alcohol may increase these side effects. You may take this medication with an anti-inflammatory.

Doxycycline 100 mg This medicine is a tetracycline antibiotic used to treat infections and **should be taken with food.** Do not take vitamins, antacids, calcium, iron, magnesium or zinc products within 1 hour of taking this medicine. Continue taking this medicine for the full course of treatment. **This medication may cause increased sensitivity to the sun.** **For women taking birth control pill, this medicine may decrease the effectiveness of birth control pills.** If you are or may become pregnant, check with your doctor before taking this medication.

Lortab 5.0, 7.5 mg This medicine is used to relieve pain and **should be taken with food.** **DO NOT TAKE THIS MEDICATION IF YOU HAVE HAD AN ALLERGIC REACTION TO HYDROCODONE!** This medicine may cause drowsiness or dizziness. Alcohol may increase these side effects.

Mederol Dose Pack This medicine is used to treat severe inflammation. Continue taking this medicine for the entire course of treatment. Possible side effects include dry mouth, headache, mood changes, diarrhea, nausea and abdominal distention. If dry mouth occurs, avoid using rinses with a high alcohol content, use sugarless gum, and take frequent sips of water.

Peridex This medicine is used to treat redness and swelling of the gums. **Use this medicine as a mouth rinse after brushing teeth.** Rinse with medicine for about 30 seconds, and then spit out. **DO NOT SWALLOW.** **This medicine may temporarily stain teeth and may also change the taste of food.** **Do not rinse with water** after using medicine for 30 minutes as this will increase the bitter taste of this medicine.

Tylenol #3 This medicine is used to relieve pain and **should be taken with food.** This medicine may cause drowsiness or dizziness. Alcohol may increase these side effects. You may take this medication with an anti-inflammatory.

Z-Pack Take this medicine as directed on package.