

Dr. Alejandro Castaño

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Post-Operative Care Instructions

1. Take all medication as directed
2. No smoking for a minimum of 48 hours. Smoking drastically affects healing.
3. Apply ice to face. 20 minutes on, 10 minutes off, for a period of three hours. Keeping ice water in the mouth, in the surgical area, is an acceptable alternative.
4. You may follow your regular daily activities, avoiding excessive exertion of any type for 48 hours following surgery. No heavy lifting or bending. Do not do anything that will raise blood pressure.
5. Brush, floss and rubber tip teeth and gums as usual, but not on the surgical site.
6. Use a diluted mouthwash freely to refresh mouth starting this evening. "Chloraseptic" held in mouth for 30-60 seconds will relieve soreness. Any mouthwash will diminish odors.
7. Occasionally, blood stains in the saliva may be expected. If there is considerable bleeding, take a piece of gauze or a moist tea bag and form it into the shape of a "U"; hold it between thumb and index finger and apply to both sides of the dressing under pressure for 30 minutes. You may have to repeat this procedure more than once.
8. Some degree of swelling may occur. This may not be noticed until 24 hours after surgery. Usually this swelling reduces in an additional 48 hours but may be maximized at 48 hours.
9. Keep your head elevated. If you lie down, use one or two pillows to raise head.
10. If possible, do not eat on the area of surgery. Take liquids or semi-solid foods for the first day. Please eat as nourishment is important for healing.
11. **CONTACT OUR OFFICE IF:**
 - A. Excessive bleeding occurs.
 - B. Severe pain is present for prolonged periods
 - C. Marked swelling occurs.
 - D. There is sizeable loss of dressing, if placed.
 - Peridex: Swab or rinse for 30 seconds, twice a day.
 - Amoxicillin: 1 tablet 2 times a day until finished.
 - Etodalac: MUST 2 tablets to start, then 1 every 4 hours for 48 hours. After 48 hours, take as needed as directed on bottle.
 - Doxycycline: Take 2 tabs right away, then 1 tab twice a day until completed