



## **Post-Op Instructions** **Extraction**

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing.

**Follow these post-op instructions to achieve optimum results.**

1. Absolutely no activity for 24 hours and only light activity in the week to follow. Heavy activity will increase blood flow, which can lead to bleeding and swelling.
2. **ICE:** Alternate every 15 minutes with the ice pack (15min. on/ 15 min off). This will accelerate your healing and minimize swelling or bruising.
3. **Ibuprofen:** Continue to take 600mg of Ibuprofen every 4-6 hours for the next 3-5 days. If you are not hurting, it is because the medicine is working so keep taking it.
4. Sleep with your head elevated at night. This will also help to minimize any swelling.
5. **FOOD:** Only soft for the first day. Nothing hot for the first 24 hours. Yes I'm sorry but you need to eat your soup and drink your coffee at room temp. ☺
6. **SUTURES:** Your sutures (will / will not dissolve). They will be in place for at least 7-10 days so try not to play with them with your tongue. The sutures will dissolve/be removed when the tissue is stable. It is not uncommon for sutures to dissolve or come loose earlier than expected.
7. **EMERGENCY:** Should you have any problems with bleeding, swelling, or pain please call 972-272-6543 during normal hours or 469-371-0763 (Dr. Gandhi's cell phone) for after-hours/weekend.