



Ariana Malek, D.D.S.

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Post-Surgical Care:

1. Swelling is normal and typically peaks 2–4 days after surgery, then improves by about 7 days. Bruising or skin discoloration may also occur.
 1. Use ice packs 20 minutes on / 20 minutes off on the day of surgery.
 2. Rest with your head elevated for the remainder of the day.
2. Avoid strenuous activity for at least 3 days.
3. Mild to moderate discomfort is normal for 48–72 hours.
 1. Take all prescribed medications as directed.
 2. Refer to the **Post-Treatment Medication Information** page for guidance.
4. A small amount of bleeding or blood-tinged saliva for up to 24 hours is normal. If bleeding is heavy or does not stop, contact our office.
5. Eat soft foods for 3–4 days.
 1. Avoid chewing near the surgical site.
 2. Avoid spicy, salty, or acidic foods, which may cause irritation.
6. Do not vigorously rinse or spit for 7 days.
 1. If prescribed chlorhexidine, use it gently.
7. Do not use a straw or smoke for 7 days.
8. After 24 hours, you may gently brush your teeth, avoiding the gums at the surgery site until initial healing (~7 days). Avoid flossing the area for 4–6 weeks.
9. Sutures will dissolve on their own within 2–7 days. Avoid pulling your lip to inspect the area, as this may disrupt healing.

Please contact our office if you experience increasing pain, swelling, or bleeding, symptoms that do not improve, or have any questions or concerns.

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Post-Treatment Medication Information:

Mild discomfort:

Take 400-600mg of Ibuprofen (Advil, Motrin, generic) every 4-6 hours. Do not exceed 3200mg per day.

OR

Take 500mg of Acetaminophen (Tylenol) every 4-6 hours. Do not exceed 4000mg per day.

Note: Ibuprofen is preferred over Acetaminophen because most tooth discomfort is inflammatory in nature and ibuprofen is anti-inflammatory. However, certain patients are advised against taking Ibuprofen due to contraindications with health conditions and medications.

Moderate to Severe discomfort:

Take 600mg of Ibuprofen and 500mg of Acetaminophen together every 4-6 hours or alternate between them. Again, Do not exceed 3200mg Ibuprofen or 4000mg Acetaminophen per day.

If prescribed a narcotic such as 5mg Oxycodone or 5-7.5mg Hydrocodone, you can alternate it with 600mg of Ibuprofen every 4-6 hours. Do not take narcotics with Acetaminophen as many narcotics are already combined with Acetaminophen.

If prescribed, consider taking the antibiotic and Medrol dose pack if discomfort is not improving.

Swelling: Start prescribed antibiotic and Medrol dose pack and follow instructions as prescribed

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