
8 1 3 3 L E E S B U R G P I K E # 6 1 0 , V I E N N A , V A 2 2 1 8 2
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POST-OPERATIVE SURGERY INSTRUCTIONS

Be very careful with the numbed area so that you do not bite or burn your lip, tongue or cheek. Do not eat until after the numbness wears off, however, you may have liquids as soon after as you like (though be careful with hot liquids). Please avoid using a straw as the sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.

PAIN- Some post-op discomfort and swelling is not unusual. Should you have discomfort, you may take 200-400 mg Motrin (Ibuprophen) and 500mg Tylenol or Motrin 800mg or Tylenol 500-800mg (whichever works best for you) in a 4-6 hour period as needed.

SWELLING- Apply an ice pack on the outside of your face intermittently for the first 12-24 hours after surgery. This will minimize the swelling. Sitting up helps relieve pressure/discomfort more than lying down.

BLEEDING- There should be little post-op bleeding. As long as you avoid heavy lifting, excessive walking or exercising the bleeding should be minimal. Make sure you keep pressure on the area that was treated for the next 12-24 hours. If excessive bleeding should occur please call the office at (703) 448-8433.

ORAL HYGIENE- During the weeks following surgery oral hygiene should be continued but using a Q-Tip in the area of the surgery. Do not floss until the sutures have been removed. Do not use mouthwash by itself, dilute it. 24 hours after the procedure you may do salt-water rinses being careful not to use a vigorous mouth washing action, be gentle.

ANTIBIOTICS- In some cases we prescribe an antibiotic such as Penicillin or Erythromycin. The purpose of this is to rid the area of infection. Not all cases require an antibiotic.

We will call you the day after surgery to see how you are doing. In the case we do not call, please call our office. Thank you for choosing our office for your dental work. It was a pleasure to serve you. If you, or someone you know, is in need of treatment, please do not hesitate to recommend us. Follow/Visit us on Facebook, Google+, Yelp, Twitter and our website (www.drchoby.com). Thank you!