

## Post Surgery Care

**Rest:** Always get up slowly from a reclining position. Please keep physical activity to a minimum for 72 hours.

**Medication:** As soon as you arrive home, take tablets or capsules prescribed for discomfort even if it does not hurt. Do not take aspirin or any other drug containing aspirin (*such as Anacin, Empirin, Bufferin or APC*) as they can cause bleeding after surgery. If an antibiotic and/ painkiller has been prescribed, please take all the medication as prescribed. **IMMEDIATELY STOP** taking the medication and call us if any drug causes nausea, itching or a skin rash and/ mild to severe stomach upset. **Dr Brauer recommends the following: Take 600mg ibuprofen(ADVIL) every 6hrs as needed Alternating with 500-1000mg Acetaminophen (Tylenol) every 6hrs as needed. Example: 9am Advil Noon Tylenol 3pm Advil 6pm Tylenol 9pm Advil**

**Chlorhexidine Rinse:** Only if given - After surgery, teeth and gums in the affected area should be rinsed with chlorhexidine rinse. Use 1 Tablespoon for 30 seconds. Repeat 2-3 times daily for 1 week. Please do not swallow chlorhexidine rinse and avoid rinsing your mouth vigorously.

**Nutrition:** Maintain proper nutrition by choosing soft nutritious food which requires minimum chewing such as homemade milkshakes, smoothies, custards, eggs, cream soups etc. For the first 48 hours avoid hot drinks, hot foods and extremely hard foods.

**Stitches:** **NO PEEKING:** The sutures or stitches which are around and between your teeth will keep the gum tissues in the correct position for the first 3 days of healing. You will be scheduled to remove them

**Bleeding:** Some slight seepage of blood is expected after the surgical procedure. Copious bleeding should **not** occur.

**Smoking/ Vaping:** Heat and smoke can act as an irritant, significantly delaying healing and encouraging bleeding. **Please avoid smoking/vaping for 14 days.**

**Alcohol:** Avoid any alcoholic beverages as alcohol can mix with the medications you are taking and cause a severe overreaction. Alcohol also acts as an irritant and may delay the healing process.

**Problems:** Please do not hesitate to call Dr. Brauer or Dr Ko during the day if some complications occur @ 403-239-0010 or after hours you can reach **Dr. Brauer @ 403-804-8719 or Dr. Ko @ 587-832-6369**