

POST-OPERATIVE INSTRUCTIONS

- Avoid any hot food and/or drinks until the numbing is worn off. This is usually 6-8 hours.
- Do not eat on the treated side until your follow-up visit. Try to keep your diet somewhat softer. Eggs, pasta, mashed potatoes, soups are some ideas of "safe foods".
- Do not brush/floss the treated area until instructed to do so.
- Use the provided mouthwash starting tomorrow. Do not rinse, spit, or suck through a straw today. This changes the pressure in your mouth and may trigger bleeding. It may also have an impact on the result of the treatment.
- Apply ice packs to the outside of the face on the treated side (10 minutes on, 10 minutes off, for the remainder of the day).
- Avoid exertion for 48-72 hours.
- Swelling and pain tend to peak 3 days after the treatment. This is normal and is not the sign of an infection.
- There is no need for you to experience excessive pain. The following is suggested for prevention of discomfort:

Take the prescribed anti-inflammatory as directed for 3-4 days. Be sure to take with food, as these medications can be very hard on the stomach. If excessive stomach upset occurs, switch to lower dose ibuprofen or Tylenol.

AND

Take Tylenol (1000 mg every 6 hours) or Tylenol #3, if necessary, for pain, between the anti-inflammatory.

- Blood in the saliva is normal for the first 24 hours. If there is considerable bleeding, apply a moist gauze or tea bag over the area that is bleeding and hold pressure on it for at least 10 minutes.
- **In case of emergency:**
Contact the office during business hours at 416.481.1179
After hours, call Dr. Kay at 416.721.8052
After hours, email Dr. Berger at faryn@yongeperio.com
Email us at info@yongeperio.com