



Connective Tissue Surgery: Post-Operative Instructions

Post-Operative Instruction:

- Begin using salt water rinses one day after surgery. Rinse 4 times daily using 1 teaspoon of salt per 8 ounces of water. Continue to use the salt water rinses for 6 days following surgery
- DO NOT use toothpaste for one month following surgery. The pumice in the toothpaste can interfere with healing. **Biotene** rinse can be used by dipping your tooth brush in the rinse and brushing with it. Be gentle, especially around the surgical site
- The sutures placed will dissolve on their own and usually do not need to be removed by the dentist
- Do not use alcohol-this includes mouthwash for 7 days following surgery

How to take your medication:

By taking your medications in a very specific manner, you can greatly reduce or eliminate pain you may have after involved dental procedures. Following these instructions can also greatly reduce the number of side effects that can be caused by pain medication, such as nausea, dizziness, and constipation.

1. Begin taking 2-4 tablets of ibuprofen approximately one hour after your surgery. Continue to take this amount four times in a 24-hour period up to 4 days post op, even if you are not experiencing discomfort.
2. If you are allergic or sensitive to Advil, Ibuprofen, Aspirin, or any NSAID medications, or if you have problems with stomach or intestinal ulcers, please let your doctor know before proceeding.



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3. As soon as you feel the first ache that is not controlled by the above medication, take one Percocet, and then continue with Percocet every four hours, but only as you need it for pain. Be sure to continue taking the Advil as prescribed above. If you know that you are allergic or sensitive to Tylenol, Percocet, or any codeine or narcotic type medications, please let your doctor know before proceeding. It's not a problem to combine these medications in this manner. By doing so, you will be able to decrease the total amount of Percocet, which has the most side effects.