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To control swelling, use an ice bag over the surgical area. Alternate keeping the ice bag on the site for 15 minutes, then off for 15 minutes. Keep alternating with the ice bag for the first 6 –8 hours after surgery.

Mild pain is to be expected but is typically managed very well with Ibuprofen and Tylenol. We recommend 600 mg of Ibuprofen every 8 hours. You can alternate that with Tylenol 1000 mg every 8 hours as well. If you have been prescribed a narcotic pain reliever, do not take Tylenol (acetaminophen).

Do not raise your lip to examine the surgical site for at least 24 hours.

Brush normally, but avoid the surgical area for two days.

Maintain a soft nutritious diet. Avoid eating on the surgical area for two days. Be sure to drink large amounts of liquids.

Starting the day after the surgery, use the prescription mouth rinse (Chlorhexidine) twice per day for one week. If you did not receive a prescription mouth rinse, you can use saltwater solution (1/2 teaspoon of salt in an 8oz glass of warm water).

The following are expected and should cause **no** concern:

1. Slight oozing of blood for 24–36 hours.
2. Swelling within 24 hours, and may come and go over the course of a few days.
- 3.

Mild discomfort.

4. Discoloration or bruising of the skin.

You may reach us at 720–507–2241 for any questions or concerns you may have.