

# Continuation of Care

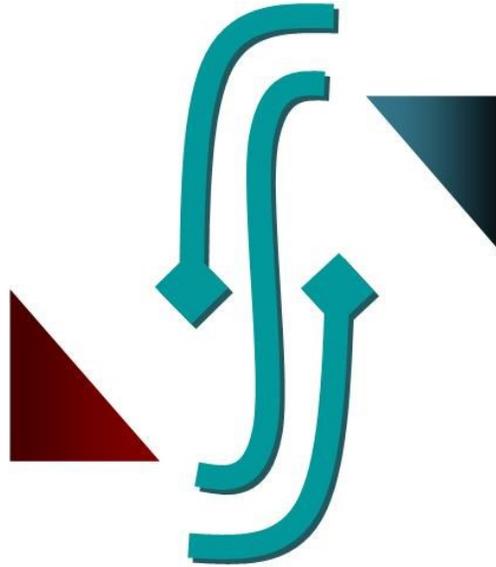
Dr. Lopez and staff want your surgical procedure to be as pleasant an experience as possible. Your post-op care is a very important part of your treatment. If any unusual symptoms occur, call our office at **713-622-8607**. Proper care will hasten recovery and prevent complications.

In case of emergency please contact Dr. Lopez at **713-836-0909**.

## Your post-operative follow-up date is as follows:

Appt. Date: \_\_\_\_\_

Appt. Time: \_\_\_\_\_



**JF LOPEZ DDS, MD, RPH, PA**

1770 St. James Pl  
Suite 512  
Houston, Texas 77056

Phone: 713-622-8607

# Post-Operative Instructions

*Meeting our patients needs.*

**JF LOPEZ DDS, MD, RPH, PA**



# Important Post-Operative Instructions

The following is some general information to help you through your recovery period.

## Bleeding

Keep gauze in place for 30-45 minutes after surgery, you may then remove it. Some bleeding is expected. If the bleeding is persistent, heavy, and/or noted to be bright red in color, replace with a moistened **Lipton®** tea bag over area of surgery and bite down firmly for an additional 1 hour timed by the clock.

- Do not spit
- Do not smoke. Stop for a minimum of 2 weeks prior and post surgery.
- Do not drink through a straw
- Sneeze with your mouth open

## Mouth Rinse

**Rinse mouth today with salt water – one teaspoonful of salt to an 8oz. glass of water – 3 to 4 times a day (especially) after meals and continue for at least one week.**

**Starting tomorrow rinse mouth with Peridex oral rinse twice a day.** Please do not rinse vigorously, only move the liquid inside your mouth gently and let it dribble out without spitting. This will decrease your chances of clot dislodgement and dry socket.

In addition you may occasionally use mouth wash if desired for fresher breath.

You may brush the teeth next to the extractions sites, but do this gently.

Again, rinse twice a day beginning the 2nd day of surgery with your prescription of **Periogard®** or **Peridex®**. It is important to use this medication to help prevent dry-socket formation.

## Do not rinse vigorously

## Swelling

To avoid onset of swelling, alternate an ice bag every 20 mins immediately after surgery for 24 hours. Place the bags directly in front and slightly below the ears. After that, no ice or heat should be applied. Swelling is usually the greatest 48—72 hours following surgery.



You should notice that most of the swelling should decrease in approximately one week.

## Pain Medication

Take pain medication as prescribed for the first two days, to avoid onset of pain. Then take only as needed. Do not drive or operate heavy machinery while taking your narcotic medications. You may want to take pain medications with a glass of milk or a meal to avoid stomach-upset.



## Food

Increase diet slowly to soft foods high in protein and vitamin C (mashed potatoes, scrambled eggs, puddings, Jell-O, ice cream) for the next 4 to 5 days. You may then increase slowly to a normal diet as tolerated.

## Activity

Do not drive a vehicle or operate heavy machinery for 48 hours following surgery. Especially if taking pain medication. Keep your physical activity to a minimum for 3 to 4 days.

For patients that have had their wisdom teeth taken out, sports or rough play should be limited for the 1<sup>st</sup> week following surgery. Care should be exercised for at least 4 to 6 weeks following surgery.