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## POST SURGICAL INSTRUCTIONS

- 1. DISCOMFORT:** The average patient experiences mild to moderate discomfort after surgery. Take your pain medication as directed, usually one pill every 4-6 hours, as needed to control pain. It is important that you take the pain medication before the numbness completely wears off. The day of the procedure it is recommended to take the medication on a regular schedule (every 4-6 hours). Do **not** take the pain pill on an empty stomach, as it may cause nausea and vomiting. If for any reason the discomfort persists, do not hesitate to call the office. You may also take 600-800mg of ibuprofen (advil, motrin, or generic) every 6 hours instead of taking the prescription medication. Do not take ibuprofen if you are currently taking any blood thinners, aspirin, or have any underlying stomach or intestinal problems.
- 2. SWELLING:** It is not unusual to have some swelling and/or discomfort in the surgical area. Applying an ice pack to the outside of the face may be beneficial to help reduce swelling. Apply the ice pack for 10-15 minutes then remove for 20 minutes. This can be repeated throughout the day. Use an ice pack for up to 24 hours after the surgery. To reduce swelling after 24 hours, apply moist heat to the site using the same intervals as the ice. If swelling persists for more than 4 days, please contact the office.
- 3. DRESSING:** A pink periodontal dressing may have been placed around your teeth at the surgical site. The dressing may take about 2 hours after placement to completely harden. Do not eat any solid foods or drink hot liquids until the dressing has hardened. Small pieces of the dressing may come off following the surgery, and should not cause any harm to the surgical site. However, if it becomes loose and causes discomfort, please call the office. Otherwise, the dressing will be removed at your first post-surgical visit.

