

Post-operative Instructions

- BE CAREFUL WITH THE SURGICAL AREA FOR 4 WEEKS
- Chew on your opposite side only
- Don't do anything that moves your lips for the next week
 - Do NOT lift you lip up to look at it
 - Do NOT kiss anyone
 - Do NOT suck through a straw
 - BE CAREFUL WITH THE AREA FOR TWO WEEKS
- Do NOT brush the surgical area for 4 weeks
- Do NOT eat crunchy or hard foods for 4 weeks. Liquid/soft diet only for 5 weeks
- Do NOT smoke, chew tobacco, or drink alcohol for 4 weeks
- Do NOT use straws for 4 weeks
- Do NOT work out for 1 week
- Avoid salt, sweet, or acidic foods
- Do NOT rinse mouth vigorously. Do NOT spit. Rinse mouth GENTLY.

Prescriptions

- Chlorhexidine mouthwash
 - Rinse GENTLY twice per day. Do NOT spit.
- Amoxicillin (antibiotic).
 - Take one pill 3 times per day (every 8 hours) until finished.
- Ibuprofen 600mg (pain medication)
 - Take one pill every 6 hours as needed for pain