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## SURGERY POST OP INSTRUCTIONS

- Do NOT lift lip to look at your surgery site. This may cause sutures to come out and the gum tissue to tear.
- Try not to eat on your tooth that we did surgery on for a couple of days. Your tooth is going to be sore and this may cause you more discomfort.
- Ice packs can be applied to the outside of your face for the first 24 hours after surgery to help minimize swelling. Apply 20 minutes on and then 20 minutes off for best results. Do not be alarmed if you have swelling and bruising—this is normal from the trauma of the surgery and from us pulling on your lip and cheek.
- Do not brush your teeth or floss in the surgery area until you come back for your suture removal. This may also cause sutures to come out or can tear your gum tissue.
- When rinsing with Peridex, do NOT swish, just move your head back and forth with the rinse on the surgery site.
- Take the Pain prescription as needed for pain. Do not take on an empty stomach; pain medication occasionally causes nausea or dizziness, especially if taken on an empty stomach. If this develops, stop taking the pain medication. Attempt to switch to over the counter pain medication as soon as you can tolerate this.
- If prescribed antibiotics you need to take these until they are all gone.
- You may get some discharge or small amount of bleeding in the area for the first 24 hours, this is normal and nothing to be alarmed about.
- Please do not hesitate to call our office or Dr. Hart's cell phone after hours if you have any problems or questions.