

Post-Surgery Instructions

Because we want you to be comfortable, you have been given powerful prescriptions. Immediately take these medications as directed, since they take an hour to effective. One to two tablets of Advil or Ibuprofen may be taken with your prescription if needed. Aspirin should not be taken. To aid swallowing medications, place them far back on tongue, tilt head back, and drink several gulps of water. Do not use a straw. If you are currently on medications prescribed by your physician do not discontinue their use. Do not abuse dosages. Do not take prescriptions while drinking alcohol, driving, or on an empty stomach.



To minimize swelling which may occur, it is advisable to apply an ice pack to the face over extraction area. Use 10 minutes on and 10 minutes off for 2 hours. Repeat as necessary. If swelling is severe, please call the office.

Sinus precautions after surgery; It is best to wipe away nasal secretions carefully. After 2 weeks, if you must blow your nose, blow gently through both sides at the same time. Do not pinch your nose closed.

Sneezing; keep your mouth open and again do not pinch your nose closed.

Bending over; keep your head above the level of your heart. Sleep with your head slightly raised.