
FLAP SURGERY POST OPERATIVE INSTRUCTIONS

1. **Pain control recommendations:** Your first level of pain control will be ibuprofen. You will be given 600mg of ibuprofen at the beginning of your appointment. It is recommended that you continue to take the ibuprofen for the next 3-4 days then as needed (600mg every 6 hours). The maximum dose of ibuprofen is 2400mg per day. Your second level of pain control is acetaminophen "Tylenol". Two 500mg tablets can be taken 3 hours after the initial dose of ibuprofen and continue to alternate these medications every 3 hours. Most patients are comfortable following these guidelines; however, should you need stronger pain relief you will be given an additional prescription to fill at the pharmacy. All of the prescription pain relievers contain acetaminophen; therefore, if you take the pain prescription medication, do not take any additional acetaminophen for 6 hours. **IMPORTANT:** The prescription pain medication may cause drowsiness or nausea. Do not drive or drink alcoholic beverages while taking the prescription pain medication. To avoid nausea, take with food or milk.
2. **Peridex mouth wash:** Apply to surgery area only. Do not rinse with Peridex. Apply by dipping soft toothbrush (provided) into small cup and lightly brush onto teeth and gums. Peridex may cause a temporary stain. To avoid as much stain as possible; Brush and floss non-surgery areas before using Peridex. Avoid smoking and excess amounts of coffee and or tea.
3. The anesthetic used will typically last 4-6 hours. Be careful not to bite your tongue while you are still numb. Avoid hot food or drinks that will burn numb areas.
4. A small amount of bleeding is considered normal the day of and the morning after surgery. Avoid rinsing your mouth vigorously or spitting, as this will prolong bleeding. It is important, however, to stay hydrated; drink lots of fluids but refrain from alcohol for 24 hours.
5. Soft foods should be eaten the first day or two, then eat what you feel comfortable with. Exceptions: no popcorn or foods with husks or shells for several weeks.
6. Expect some transient cold sensitivity. Let us know if it becomes a problem as fluoride treatment or sensitive toothpaste can help.
7. **Ice is very helpful in reducing swelling:** Apply an ice pack on the surgery area (wrapped in a towel on the outside of the face) for 20 minutes at a time every hour the day of surgery.
8. **Avoid smoking**

Special instructions: _____

Should you have any questions or concerns call 344-0908

To reach Dr. Ferguson after hours call 484-2235.

To reach Dr. Beaudry after hours call (480) 444-8119.

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