

TeethXpress® Post Operative Instructions

MEDICATIONS:

Pain medication (i.e. Norco): Take pain medication every 4 hours as needed, and stay on top of it to effectively maintain a tolerable pain level. In addition to the pain medication, you may take 1 tablet (600mg) of Ibuprofen (i.e. Motrin or Advil) every 6 hours. Alternating the medications will help them function more effectively (ex. take 1 Norco, then 4 hours later take Ibuprofen...4 hours later take another Norco). **DO NOT USE TYLENOL.** Remember to take the medication with a small amount of food.

Antibiotics:

- **If taking Amoxicillin:** You will have taken 2 tablets 1 hour before surgery. Take 2 tablets the evening after surgery, then take 3 times a day at breakfast, lunch and dinner until antibiotics are gone.
- **If taking Cleocin:** Take 4 times a day at breakfast, lunch, dinner and bedtime.

MOUTH RINSES:

Rinsing should not start until 48 hours after surgery. It is important to rinse your mouth often in order to keep the environment clean. Dissolve 1/4 teaspoon of salt in 8 ounces of warm water. Then, gradually rinse out your mouth, one sip at a time, over five minutes. Do this as often as you like; at least two or three times a day.

In addition, apply the prescribed Chlorhexidine rinse three times a day with a cotton tipped applicator (Q-tip), for the first two weeks.

NAUSEA:

It is common to experience nausea after surgery, and it should pass within a short period of time. If the nausea does not get better in a few days, please call our office.

BRUSHING:

Due to soreness and swelling, vigorous brushing may not be possible. It is still important that you make every effort to clean your teeth. Post-surgery, begin gently brushing with a manual toothbrush as you are able. Do not disturb the sutures or healing tissue around the surgical site(s). After about 10 days your sutures will dissolve, but until then only mild brushing is suggested. **DO NOT USE A WATERPIK or ROTARY TOOTHBRUSH (i.e. Oral-B Braun).**

DO NOT exercise or participate in any strenuous activity for the next 7 days.