



Post-Op Oral Surgery Instructions

- 1.) If you have not done so already, please fill the prescriptions at your local pharmacy
- 2.) Patient will need to eat something soft like ice cream, smoothie, pudding, jello, applesauce or mashed potatoes. It is very important for the patient to coat their stomach with food prior to taking the medications (whether it be the pain medication or the antibiotic).
- 3.) Medicate patient with 1 tablet of pain medication at _____.
- 4.) Start dose of antibiotic about an hour after the 1st dose of pain medication. It is smart to separate the pain med and antibiotic just in case the patient has a reaction, we can pin-point the cause.
- 5.) It is important that you place icepacks on the outside of your face as soon as you get home. This will help with reducing swelling and pain. You will do this for the first two days and switch to heat packs on third day.
- 6.) After each meal starting the day after surgery, the mouth should be thoroughly rinsed with salt water solution (1/2 tsp salt in 8oz warm water).
- 7.) Avoid any vigorous swishing, spitting, or use of a straw for one week.
- 8.) Swelling is a delayed reaction and it is normal for it to peak around the second or third day after surgery.

Dr. Anthony Bouneff • Dr. Jan Andrew Kooning
Beaverton • (503)646-7101

3925 SW 153rd Drive, Suite #100
Beaverton, Oregon 97003

