



Alternatives & options for
holistic oral health

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POST SURGICAL INSTRUCTIONS

Rinse GENTLY 2-3 times a day. You may brush your teeth but keep away from surgical site.

* No use of straw due to pressure created.

* No smoking due to irritation.

Please refrain from Physical activity for the next 48 hours (sports, workouts, lifting and bending etc).

When resting or sleeping, keep head slightly elevated.

After the anesthetic wears off, you may eat- but only soft foods.

Some swelling is normal and may occur 2-3 days or longer, depending on type of surgery. To minimize swelling, use ice on the outside of the face for 5 minutes on and off as much as possible for the next 24 hours.

Discomfort can be expected with any surgical procedure and may occur during the first 3-4 days. We suggest taking Advil or Traumeel or other prescription pain medication according to instructions to reduce pain and swelling.

It is important to eat while taking medications. Do not drink alcohol while taking medications.

Follow up appointment in 7-10 days for suture removal and evaluation.

If you experience anything unusual, or if your pain increases over the course of several days, please call the office.