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**POST OPERATIVE INSTRUCTIONS**

• **CONTROL OF BLEEDING**

Bite firmly on gauze for approximately two hours after surgery or until the bleeding has stopped. A slight amount of oozing is normal the first day. Change the gauze every half-hour or more frequently if needed. If the surgical site continues to bleed significantly--bite firmly on a moistened tea bag for 30 minutes. If non-dissolvable sutures (black in color) were placed we need to see you back in 7 days to remove the sutures. Dissolvable sutures (a tan color) will fall out in 5-7 days..

• **MEDICATIONS**

Take prescription pain medicine only as directed. Always take with food to help prevent stomach upset. If the pain is not severe take 600-800 mg of Ibuprofen (Motrin or Advil) or regular Tylenol. Take any prescribed antibiotics as directed until gone. Discontinue any medication if you develop a skin rash, itching or hives.

• **DIET**

Soft foods and plenty of liquids are recommended after surgery. Examples include soups, broths, Jell-O, puddings, scrambled eggs and pasta dishes. Avoid hot food and liquids, as they will cause more bleeding. Return to a normal diet as soon as possible.

• **ORAL HYGIENE**

Do not disturb the surgical site the day of surgery with rinsing, brushing, swishing or spitting. The day after the surgery start rinsing gently with a weak solution of warm salt water (1/2 teaspoon of salt in an 8-ounce glass of water). Use this solution 3-4 times a day. You may also start gently brushing your teeth.

• **DO'S AND DON'TS**

Don't smoke for the first 3 days and limit smoking as much as possible the first week.  
Don't drink through a straw for the first 5 days.

**Do call our office with any questions or concerns--help is always available!**