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Post-Surgical Instructions

Proper oral hygiene after surgery is extremely important. To ensure a faster and easier recovery, please read and follow these instructions carefully.

1. To help reduce swelling, use an ice pack for 10 minutes on and 10 minutes off. Because you are numb, it is important to follow the 10 on/10 off protocol to avoid freezing your skin.
2. The day after surgery (24 hours), you may start rinsing with warm salt water. Use 1 Tablespoon of salt and 8 ounces of warm water. You should do a saltwater rinse several times per day.
3. Avoid any negative pressure in your mouth, such as smoking or sucking through a straw. This will delay healing and increase the chance of prolonged bleeding.
4. To minimize pain while eating, avoid food that requires heavy chewing. Liquids and soft foods will minimize the chance of irritating the tender area and damaging the sutures.
5. Keep facial movements to a minimum. Eating and talking should be done carefully. If tape has been prescribed by Dr. Green, it should remain on the face and chin and should be changed only as instructed.
6. Almost all dental surgery will cause some swelling and you should not be alarmed if this occurs. The swelling should be greatly reduced or gone within a few days. Bruising may also occur and should subside within a few days.

If you have any questions or concerns, please do not hesitate to give us a call.