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INSTRUCTIONS FOR CARE OF THE MOUTH FOLLOWING SURGERY

- 1. Use an ice bag to chill the face on the outside of the areas where surgery was performed. Place it twenty minutes on and twenty minutes off. Do this for two hours.**
- 2. Take the antibiotic prescription completely according to directions.**
- 3. For pain relief use an over-the-counter medication such as Ibuprofen or Tylenol. Call me if you are uncomfortable or have any questions.**
- 4. Slight swelling or bruising may occur, do not be alarmed.**
- 5. The dressing may remain in place until your next visit. If the dressing comes off prior to that, simply discard it.**
- 6. Drink liquids today, lots of liquids, but do not skip any meals. Do not use any straws for 24 hours.**
- 7. Eat a soft diet. Do not skip meals. Avoid crackers, chips, apples etc. Any hard food that could disturb the dressing should be avoided.**
- 8. Maintain normal oral hygiene procedures in other areas of your mouth. Oral rinsing with warm water, warm salt water or mouth rinse is important. Rinse 3-4 times per day.**
- 9. You should have minimal discomfort this week. If, for any reason you are having extensive pain, PLEASE CALL ME.**
- 10. Do not drink any alcoholic beverages while taking medications.**

My office phone is: 303-678-5253

My cell phone is: 970-297-8817