



Drs Kolb, Ruhlig, & Robison
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SURGICAL POST-OP INSTRUCTIONS

Congratulations on a successful surgery. Here are some steps you can take to make yourself as comfortable as possible and speed up your recovery.

Elevate your head, even while sleeping. You can control swelling with ice packs-apply no more than 15-20 minutes every hour.

Some bleeding is normal-gently press a gauze pad over the extraction to minimize bleeding. Within an hour after your surgery, a blood clot will begin to form. The clot provides structure for the new tissue and bone. Please avoid chewing on it, brushing it or even rinsing right away. Do not use straws and do not smoke, both of which could displace the clot and potentially cause pain.

A bit of soreness is expected, but if pain seems particularly intense, please call the office immediately. Otherwise, if we have prescribed pain medication, take it as directed. Be sure to follow instructions for antibiotics precisely, and take them until they are gone.

In the meantime, please call if you have any questions or concerns.

Thank you,
Drs. Kolb, Ruhlig, Robison, and Staff

Emergency Contact Number: _____

Special Instructions: _____