

# Pain Management Recommendations After Oral Surgery

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Address: [Insert Patient Address]

**Dear [Patient Name],**

Following your recent oral surgery, it is important to manage your pain effectively to promote healing and comfort. Below are recommendations to help you manage any discomfort:

## **1. Medications**

- Administer prescribed pain medication as directed. Take it with food to minimize stomach upset.
- If using over-the-counter pain relief, consider acetaminophen or ibuprofen, following the dosage instructions on the packaging.

## **2. Ice Therapy**

Apply a cold pack to the outside of your face near the surgical site for 15-20 minutes every hour as needed to reduce swelling and numb discomfort.

## **3. Rest**

Try to rest adequately in the days following your surgery. Avoid strenuous activities to promote healing.

## **4. Diet**

Stick to soft foods at first, avoiding hard, crunchy, or spicy items that may irritate the surgical site.

## **5. Follow-up Care**

Attend follow-up appointments as scheduled to monitor your recovery and discuss any ongoing pain management needs.

If you experience severe pain, swelling, or any signs of infection, please contact our office immediately.

Thank you for trusting us with your care.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]

[Dental Practice Name]