

## INCISION AND DRAINAGE

For adolescent and adult patients, we recommend taking 400-600mg Ibuprofen (Motrin, Advil) every 6 hours. You may alternate this medication with Tylenol (500-650mg) so that you are taking something for pain every 3 hours. Do not exceed 3,000 mg Tylenol daily.

You may have been prescribed a narcotic containing pain medication (such as Norco or Oxycodone). If so, you may alternate this medication with Ibuprofen instead.

You will want to keep a small piece of gauze lightly taped over your drain to help keep the area clean and to absorb any drainage. Change the dressing as needed.

You are welcome to shower, but please clean around your drain carefully with a mild antibacterial soap such as Dial. Lightly pat the area dry.

You may apply ice packs to the external area for comfort (20 minutes on, 20 minutes off).

You may begin warm salt water soaks in the mouth. Hold the water on the affected side and work through a glass 3x/day.