



POST-TREATMENT INSTRUCTIONS

Medications / Prescriptions: Antibiotics – *When prescribed, take as directed.*

Pain Medication: Prescription – *When prescribed, take as directed.*

Ibuprophen may be alternated with prescription pain medication (when not allergic). Best pain control is usually obtained when ibuprophen is alternated with the prescription medication.

Bleeding: *Gauze was placed over the surgical site so that it serves as a pressure bandage when you bite down. Usually, we recommend leaving it in place until the numbness from the local anesthetic wears off and brisk oozing does not occur when the gauze is removed. Replace the gauze hourly to control bleeding if necessary. Remove the gauze when eating or taking medications. A small amount of oozing is normal. Pink or blood-tinged saliva may be present for 24-48 hours. You may wish to cover your pillow with a towel to avoid staining. Rest with head elevated on 2 or more pillows for the first day. Excessive bleeding can be controlled by placing a moistened tea bag over the surgical site for one hour while applying pressure.*

Eating: *Cold, soft foods for the first 24 hours. Suggestions: ice cream, gelatin, pudding, yogurt, cottage cheese, milk shakes, applesauce. For the next 4 days, follow a soft diet (eggs, mashed potatoes, pasta). Drink more fluids than you usually would. No-alcoholic or carbonated beverages for 4 days after surgery. This is not the time to lose weight; proper nutrition is necessary for healing.*

Swelling: *Some swelling after surgery is normal; don't be alarmed. It takes 3 days for surgical swelling to reach a peak before subsiding. Ice packs are used to reduce swelling and produce a local numbness immediately after surgery. Ice packs should be applied during the first 24 hours after surgery. Plastic bags filled with crushed ice and wrapped in a damp towel or a commercial ice bag are convenient forms of application. Apply for 20 minutes – leave off for 10 minutes. After discontinuing ice, switch to moist heat (hot water bottle or warm wash cloth). If there was swelling from infection at the time of surgery, use moist heat instead of ice.*

Rinsing: *Avoid rinsing, spitting, drinking through a straw and alcohol containing mouth washes for the first 24 hours as it may prematurely dissolve the blood clot. A gentle rinsing with warm salt water (one-half teaspoon salt in large drinking glass) after meals and at bedtime is important after this period. After 72 hours a more vigorous rinsing is encouraged after meals and at bedtime for two weeks.*

Bruising: *Bruising may be present to varying degrees. It will subside over a period of 5 to 10 days.*

Smoking: *We advise you not to smoke at all during the first 72 hours after surgery. Smoking can increase pain and lead to poor healing. The longer you refrain from smoking the less chance you have of post-operative problems.*

Activity: *Avoid excessive physical exertion and fatigue during the immediate postoperative period. Obtain adequate sleep.*

Tooth Brushing: *Brushing of the immediate surgical site should be discontinued for about 1 week after surgery to prevent disruption of the blood clot, healing tissues and/or sutures. The remainder of the mouth may be brushed normally. When you resume brushing at the surgical site you may experience a small amount of bleeding or discomfort, but this is normal. You may use a damp Q-tip to cleanse the treated area if tooth brushing is uncomfortable.*

Sutures / Dressings: *A variety of sutures and dressings may have been used as part of your treatment and you may feel them with your tongue. They will either dissolve on their own or be removed at the appropriate postoperative appointment.*

*We want your treatment to provide as positive a healing experience as possible.
If you are having any problems or have any questions not covered in these guidelines, please contact us.*