

1. DO NOT DISTURB THE AREA OF SURGERY. Allowing the tissues to rest undisturbed assists the healing process. Avoid vigorous chewing, excessive spitting, or aggressive rinsing. If you routinely use a Water Pik, or Hydro floss avoid doing so during the healing phase. Initial healing may be delayed, active bleeding restarted, or infection introduced.
2. Expect minor bleeding or oozing. If bleeding persists, continue pressure on a fresh sponge for an additional 30 minutes to an hour. Biting on a moist teabag wrapped in gauze may help control persistent oozing from the surgical site. Tea contains tannic acid, which helps promote blood clotting.
3. Firm pressure for 15-30 minutes usually controls the problem. If you check too frequently, (every few minutes), the blood clot will not form properly and bleeding will continue. Should active bleeding persist, Please call the office or page the doctor.

1. Some degree of discomfort and pain arises as numbness subsides. At the first sign of pain or discomfort, take the prescribed medications. As an alternative you may take 2-4 Advil. If you cannot take aspirin products, then take two Tylenol. If the pain you are having, is not controlled by the Advil or "Advil-like" prescription, you may take the prescribed severe pain medicine [typically Vicodin ES], but only after eating some food. Any pain medications can cause nausea and vomiting. It is very important that you have some food in your stomach before you take them.

3. 4.

5. LIMIT PHYSICAL ACTIVITY during the first 24-48 hours after surgery. Over exertion may lead to postoperative bleeding and discomfort. When you lie down keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid staining from any blood-tainted saliva.

6. PAIN FOLLOWING ORAL SURGERY will be most severe within the first 6-8 hours after the operation. Please do not drink alcoholic beverages while taking prescription medication. Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 48 hours. And mild discomfort usually diminishes after the third day. Please contact us if you experience prolonged severe pain so that we can help make you more comfortable.

7. SWELLING RELATED TO THE SURGICAL PROCEDURE may occur following certain types of procedures. An ice pack should be placed on the side of your face for 20 minutes then taken off for 10 minutes and repeated. Anti-inflammatory medications, such as Advil, also help decrease swelling.

8. FLUID INTAKE IS IMPORTANT. Clear beverages, ginger ale, Seven-up, or Sprite, water, teas, soda, broth, soups, or juices are all suitable. Avoid hot liquids until the numbness has worn off, and the bleeding has stopped. Drink plenty of fluids.

9. AVOID USING A STRAW FOR SEVERAL DAYS. It may dislodge the blood clot and delay healing.

10. FOOD SELECTION. Soft, cool foods are most easily tolerated. A nutritious diet is most important to your comfort and temperament. Remember that eating can prevent nausea sometimes associated with certain medications. Supplements such as Ensure, Carnation Instant Breakfast and/or yogurt supply excellent added nutrition.

*** DO NOT EAT ANY POPCORN, POPPY SEEDS, SESAME SEEDS OR SEEDED FRUITS. THEY CAN GET STUCK AND CAUSE INFECTION!**

11. Take any special medication we have prescribed on the special dosing schedule. Yogurt with active cultures or acidophilus should be taken while on antibiotics to prevent diarrhea. It is important to take the antibiotics to completion. If you are given antibiotics and take birth control pills, you should be aware that the birth control may become ineffective, therefore take appropriate precautions.

12. Take any regularly scheduled medication (for diabetes, high blood pressure, etc.) on your regular schedule unless advised to do otherwise.

13. TRY TO AVOID SMOKING COMPLETELY, as it tends to delay healing and interfere with regeneration.

The Day Following Surgery and Thereafter

On the day following the surgery, rinse your mouth carefully with 1/2 teaspoon of salt to a large glass of warm water. Repeat three times a day until remaining soreness subsides. Please do not use a syringe or water pik during the healing phase.

DO NOT WORRY ABOUT STITCHES. They are usually dissolvable.

ANY SWELLING, SORENESS OR STIFFNESS IN THE JAW MUSCLES can be relieved by applying a warm moist towel to the affected side of the face.

Sometimes a soft diet may be necessary for the first few days following surgery. Most patients are able to resume regular food intake within a short time.

Bruising marks may appear on the skin of the face during the first few days after surgery.

Should any undue reaction or complications arise, notify the office immediately.

If you need to contact us after office hours, please call the doctor's cell phone. If he does not answer immediately, remember to always leave a voice message with your name, number and where you can be reached.

I make every attempt to answer my emergency pager as promptly as possible. Occasionally, your messages do not reach my cell phone. If you are experiencing an emergency, go to the nearest hospital emergency room. You may also try to reach your dentist.

Diet

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, 1 or 2 Tylenol or Extra Strength Tylenol may be taken every 3-4 hours. Ibuprofen (Advil or Motrin) may be taken instead of Tylenol. Ibuprofen, bought over the counter comes in 200 mg tablets: 2-3 tablets may be taken every 3-4 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.