



## POSTOPERATIVE INSTRUCTIONS



### WOUND CARE

- Bite firmly on gauze pack that has been placed until you arrive home, then remove it gently.
- Do not smoke for 12 hours because this will promote bleeding and interfere with healing.



### BLEEDING

- Some blood will ooze from the area of surgery and is normal. You may find a blood stain on your pillow in the morning.
- Do not spit or suck through a straw, since this promotes bleeding.
- If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.
- Keep your head elevated with several pillows or sit in a lounge chair.



### DISCOMFORT

- Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain pills your dentist has prescribed.
- Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea.
- Do not drive or drink alcohol if you take prescription pain pills.



### DIET

- It is important to drink a large volume of fluids. Do not drink through a Straw, because this may promote bleeding.
- Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day.



### ORAL HYGIENE

- Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
- After that, rinse gently with warm salt water (1 /2 teaspoon of salt in 8 oz of warm water) every 4 hours.
- Brush your teeth gently but avoid the area of surgery.



### SWELLING

- Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
- Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.



### REST

- Avoid strenuous activity for 12 hours after your surgery.



### BRUISING

- You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.



### STIFFNESS

- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.



### CALL THE OFFICE IF:

- You experience excessive discomfort that you cannot control with your pain pills.
- You have bleeding that you cannot control by biting on gauze.
- You have increased swelling after the third day following your surgery.
- You feel that you have a fever.
- You have any questions.