



POST-OPERATIVE INSTRUCTIONS

The success of any surgery depends upon proper care after the surgery. The following instructions have been explained to you and they are included on this sheet as a reminder and a reference. PLEASE, DO NOT HESITATE TO CALL OUR OFFICE OR YOUR SURGEON IF YOU HAVE ANY CONCERNS ABOUT YOUR RECOVERY.

1.) **PAIN & MEDICATION:** Pain is a normal sensation experienced after surgery. You will be prescribed medications to help lessen or alleviate this pain. Take your first dose of pain medication before the numbness wears off!! You should take the medication as instructed for the first 3 days and then as needed after that. DO NOT DOUBLE THE DOSES UNLESS ADVISED BY YOUR DOCTOR. **Females: If you are taking Birth control pill and are prescribed an antibiotic, it may decrease the effectiveness of the pill. An additional form of Birth control should be used while taking antibiotics.

2.) **DIET & EATING:** Eating and drinking is an important part of the healing process due to the nutritional benefits. Allow for some feeling to return before eating after surgery. You may eat any foods that you can tolerate however, avoid hot foods and drinks. Chew in the area of the mouth that did not have surgery if available. Avoid eating hard foods or foods with small pieces or seeds such as popcorn, nuts or buns with sesame or poppy seeds.

3.) **MOUTH CARE:** You will most likely be prescribed a mouth rinse (peridex or periogard) **to begin the day after surgery.** Warm salt water rinses followed by Peridex rinse may be used several times a day if you wish to help soothe the surgical/extraction areas. This rinse will help kill bacteria in your mouth which will promote healing. **to mix the salt water--mix 1/4 teaspoon of salt with 8 oz. of warm water.** If you have sutures (stitches) they will dissolve or come out on their own in 3-14 days. If they come out sooner there is no reason to be alarmed. *****Do Not** rinse or spit on the day of your surgery, rinsing and spitting will disturb the blood clots and cause more bleeding.

4.) **SWELLING:** Swelling is normal and expected after most surgeries and extractions, especially multiple extractions. Swelling usually peaks after 48-72 hours and should improve from that point on. *****You should use ice for the first 24 hours only*****. While you are awake place an ice pack on the outside of your face, one side at a time (if you had extractions or surgery on both sides) for 15 minutes, then stop for 15 minutes, then repeat. ***After the first 24 hours you can use moist compresses on the outside of your face to soothe any discomfort*****IMPORTANT***IF YOU EXPERIENCE SWELLING THAT CAUSES DIFFICULTY IN BREATHING OR SWALLOWING, YOU SHOULD CALL YOUR SURGEON AND /OR GO TO THE EMERGENCY ROOM IMMEDIATELY*****
Sleep with your head elevated (2-3 pillows under your head), this will also help swelling.

5.) **ACTIVITY:** DO NOT perform vigorous activity for 48 hours following your surgery. If you had multiple extractions or extractions of impacted teeth you should avoid vigorous activity for 1 week.

6.) **BLEEDING:** You will be biting on gauze when you leave, you should continue to bite on that gauze for 20-30 minutes. After that time remove the gauze. If there is no active bleeding, no more gauze is needed. Some oozing of blood is normal for 2-3 days after surgery/extractions and if this occurs place gauze over the site and apply pressure by biting for 30 minutes, repeat if needed. If bleeding is heavy and continues after applying pressure for 1 hour, call our office or your doctor. **Do Not** rinse or spit on the day of your surgery, rinsing and spitting will disturb the blood clots and cause more bleeding.

7.) **PRECAUTIONS:** If you have been sedated for your surgery or if you are taking narcotic pain medication avoid driving, operating machinery or attempting any hazardous tasks for 24 hours.

8.) **ADDITIONAL REMARKS:**
