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POST-OPERATIVE INSTRUCTIONS

**** EAT BEFORE taking any of the medication prescribed for pain. Failure to eat may result in nausea/vomiting ****
****No operation of machinery, cars, or making of important decisions while using pain medication ****

Dissolving sutures may have been used in your procedure. In the process of dissolving, these sutures may "dangle" – this is NOT AN EMERGENCY- snip the suture close to the gum or call for an appointment*

A. DAY OF SURGERY:

- 1) Hold gauze pressure pack in place for 45 minutes following surgery, then remove pack & replace as necessary (if bleeding continues). It is normal for the surgical site(s) to ooze blood into the next day.
- 2) Slight post-operative bleeding is expected. If bleeding is excessive, place a gauze pressure pack or a large moistened tea bag on the surgical site and bite down firmly for an hour. There is a tutorial on how to fold gauze on our website under the 'After Care' tab. **If bleeding does not subside, then let us know.**
- 3) **DO NOT** disturb the extraction site blood clot in any way! **NO smoking; NO drinking through straws; NO spitting; NO rinsing of mouth. DO NOT use any hydrogen peroxide based products in the mouth.**
- 4) **Apply ice packs to area for 12 hours to help control swelling.** Cycling of ice pack use: 20 minutes on/20 minutes off.
- 5) Activity level should be kept to a minimum for at least two days after surgery, thereafter activity level should be dictated by comfort.
- 6) Do not eat or drink foods which are too hot or require chewing **while numb**. Your diet should be a nutritious concentration of soft foods. Once numbness resolves, any nutrition source which is comfortable is fine.
- 7) Keep well hydrated by drinking ample volumes of fluids.
- 8) When lying down, keep your head elevated by using two pillows.

B. DAYS TWO(2) THROUGH TEN(10):

- 1) Swelling continues to increase through day three (3); each subsequent day should show improvement over the preceding day.
- 2) Brush teeth as comfort allows. Do not traumatize the surgical site(s).
- 3) Rinse mouth gently with one teaspoon of salt in a full glass of warm water after each meal and at bedtime.
- 4) **It is very important to keep your post-operative appointment!**

NOTE: Any elevation of temperature over **101.5°F** or unusual symptoms such as excessive bleeding should be reported to our office.