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HOME # 346-7666

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Other # 448-2794

POST-OPERATIVE INSTRUCTIONS

1. **APPLY ICE PACKS TO THE OUTSIDE** of face (20 minutes on 5-10 minutes off) as much as you can for the remainder of the day. **DO NOT USE HEAT.** Please note some swelling or temporary loosening of the teeth may be expected and may last for several days.
2. Your diet for today should be soft and cold foods only. Nothing hot to eat or drink today. Starting tomorrow you may resume your normal diet. Please avoid foods with nuts, seeds or kernels until area has healed. Do not drink from a straw.
3. No rinsing today however you can brush the surgical area lightly and rinse with Listerine once before bed and then starting tomorrow rinse with Listerine or warm salt- water rinses (Teaspoon salt to 8oz glass warm water) 5 to 6 times daily and **Brush** the surgical area 3 times daily until you return to our office. Also dip Q-tip into Listerine and swab the sutures and surgical area thoroughly.
4. If bleeding occurs, **DO NOT RINSE.** Wipe out any clot and place a **WET** gauze in a U-shape over the area and bite together firmly for at least 20 minutes without examining the gauze. Repeat this procedure again if necessary. If bleeding still continues, apply a **MOIST TEA BAG** to the area for 20 minutes. Call our office if these procedures do not stop the bleeding.
5. Mild pain can be controlled with prescribed medication. If a specific pain reliever has been prescribed, only take as many pills as directed.
6. If an antibiotic has been prescribed, be sure to take **ALL** the capsules as directed. Adverse reactions are very rare. Should a problem arise, please call our office.
7. You may follow your regular activities: avoid any excessive exertion of any kind.

INSTRUCTION FOR DRESSING

8. If a dressing has been placed over the surgical area to protect it while healing, stay on a soft or liquid diet for the remainder of the day. Tomorrow you may resume your normal diet, do not chew directly on the side with the dressing until it falls off or is removed. The dressing may break off or become loose. It is not necessary to replace it. However, if you're experiencing any discomfort or bleeding, please call our office.
9. You may brush very lightly over the dressing. Avoid excessive rinsing or vigorous swishing which may dislodge the dressing.

If any problems arise or there is something you're not sure of, please do not hesitate to contact our office at the numbers listed above.