

## POST-OPERATIVE INSTRUCTIONS

Gauze packs are usually placed over the surgical sites. These should be left in place or changed (if saturated) for at least 1-2 hours. If you are still bleeding after removing the gauze, place new gauze or a tea bag in position over the surgical site and firmly bite for one full hour. If any blood clots are visible outside the socket, they should be removed/wiped off before the gauze is replaced. You may notice some blood on the gauze when you bite or blood in the saliva for up to 24 hours. This is normal.

Occasionally, a medicated “putty-type” bandage is placed over the surgical site. It is mixed up soft and remains “tacky” like chewing gum for 30-45 minutes after placement. The dressing will harden and act like a plaster cast similar to what is applied to a broken arm. It is best to leave this dressing in place until your post-operative visit. Occasionally this dressing may chip away or come off completely. If you swallow some during a meal, it is fully digestible.

Symptoms that occur are inflammatory responses similar to what you would experience from a splinter in a finger tip:

- (1) Some Swelling: typically increased swelling (over three days). A little bit on day of surgery, a little more the day after, reaching a peak on the third day then decreasing a little each day until gone. \*Cold compresses are effective during the first 24 hours to minimize swelling, alternating 20 minutes on 20 minutes off. Crushed ice or frozen beverages melting in the mouth (Smoothies, Slurpies, etc.) can also be helpful in applying cold to both the inside and outside. Eat these with a spoon and **NOT A STRAW**.
- (2) Slight pulse beat pain. Not a heavy throbbing.
- (3) Redness in the area and/or an elevated temperature (98.6-100°) for the first 48 hours is normal. Anti-inflammatory medications work well to alleviate these symptoms: Aspirin, Advil/Ibuprofen, Aleve. *It is advisable to take only one of these in conjunction with the medications that the doctors have prescribed for you.*

Soft foods are advisable the first several days following surgery. Fluids in the way of fruit juices, ice cream, soups and foods mixed in a blender will supply adequate nutrition and calories during the healing stages. Return to a normal diet as soon as possible.

You may brush your teeth being careful to avoid operative site. You may use a Q-tip dipped in mouth rinse to clean medicated dressing.

Have all prescriptions filled and take medications as directed. If pain is excessive or any unusual conditions arise, call this office immediately. If you develop a rash, stop taking prescription medications. If nausea develops, try taking the medication with food, but if nausea persists stop taking the medication. If that happens, you may have to call the office for a less potent pain medication. It is okay to try over the counter pain medications.

**DO NOT SMOKE. Smoking has been shown to delay healing and should be eliminated if at all possible in the early healing phase.**

**\*\*Be certain to return to this office as directed for post-operative treatment.**