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It is important that these instructions are followed carefully in order to minimize the risk of postsurgical complications.

It is our desire that your recovery be as pleasant as possible, so do not hesitate to call the office for advice.

IMPORTANT instructions for your home care comfort following operation on the teeth, gums, jaws, lips, or cheeks.

FIRST TWENTY-FOUR (24) HOURS. Diet such as ice-cream, Jell-O, pudding, applesauce, and yogurt.

FIRST FORTY-EIGHT (48) HOURS AFTER YOU LEAVE OFFICE:

1. Gauze pads have been placed over the surgical areas acting as protective bandage to add pressure, control bleeding and swelling. **Approximately 30 minutes** after you leave the office, remove any gauze pads that were placed over the operative areas before you left. If active bleeding persists, replace with fresh 3x3 sterile gauze pads or moistened tea bags and apply pressure by biting for approximately 30 minutes. Repeat this procedure every 30 minutes until active bleeding stops. If unsuccessful in controlling bleeding, please contact this office. **DO NOT** be alarmed at a slight oozing, which may continue for several days. **DO NOT SPIT** this only causes more bleeding.
2. To **reduce swelling and bleeding**, elevate the head by resting on two or more pillows and remain in a reasonably upright position for the first 12 hours after you arrive home. General rest should be followed for several days following any major oral surgery procedure.
3. An **ice bag should be used during the first 48 hours to prevent swelling and reduce bleeding**. These ice bags should be used on each operative side and be wrapped in a wet towel to give good cold transfer to the face. Use the cold packs until bedtime and then resume the following morning until the first 48 hours have passed.
4. It is a good idea to give one or two pain pills to the patient as soon as you can after you arrive home. This medication may be dissolved in any type of fluid for ease of administration. **In general**, it is a good idea **NOT** to **take medication on an empty stomach**. You may substitute Aspirin, Acetaminophen or Ibuprofen for the prescribed pain medication as desired. Take pain medication with milk, if possible.
5. Dehydration hinders healing. **Drink plenty of fluids: milk, milkshakes, fruit juices, food supplements. AVOID HOT LIQUIDS.** Try to begin hot meals with soups and soft foods, progressing into solid foods. **DO NOT DRINK THROUGH A STRAW.**
6. **NO SMOKING FOR 72 HOURS** of any kind!
7. Keep lips and corner of the mouth lubricated with Vaseline or Carmex.
8. **Start** brushing teeth gently the day after surgery, avoid brushing the gum tissue at the surgical sites.
9. **Nausea and or vomiting may occur** during the post-operative period. If this should continue, contact office for assistance.

IMPORTANT INSTRUCTIONS AFTER FIRST (48) HOURS

1. **Discontinue the use of ice.** In order to reduce swelling, use application of moist heat to the face. For example a moist towel wrapped around a hot/warm to touch water bottle. Heat should be used continuously. Be careful not to burn the face. **DO NOT BE ALARMED** if an increase in swelling when starting the use of heat. This swelling will disappear.
2. Periodic gentle rinsing of the mouth with warm water and salt solution or diluted mouth rinses helps soothe surgical areas.
3. Maintain oral hygiene with a toothbrush, careful not to irritate surgical area. You may use Q-tip to cleanse tender areas. Brushing of the tongue is highly recommended. Mouthwash of your choice may be used. **Meticulous cleanliness of the mouth is essential** to rapid healing and to prevent or control any post-operative infection.
4. Continue the use of any prescriptions written to you, the patient, as directed.
5. Nutritionally balanced diet of soft foods and liquids is essential for healing and gaining strength. Fluids should be taken in extremely large amounts.
6. Rest is a very important factor in healing. **Beware of heavy physical activity for two to four days** following your oral surgery procedure.

GENERAL REMARKS

Do not disturb the blood clot that fills the wound after extraction. In a few days, the blood clot will change to a yellowish or graying appearance and have a slight odor. This does not indicate an infectious condition.

The hard edges or prominence of the bony process noticed after an extraction and sometimes mistaken as part of a tooth, is soon covered with tissue and smoothed down by absorption.

Do not be alarmed about numbness or tingling of the lips, chin, or tongue, stiff joints, black or blue discoloration of the face, cracked corners of the mouth, slight fever or bony cavities in the operative areas, as these are conditions that most often are temporary and can be associated with oral surgical procedures. If numbness or tingling of the lips, chin, and tongue persist for greater than 3 days, or if complete numbness is present the day after surgery please contact our office to schedule an appointment to monitor recovery of the altered sensation.

**THIS OFFICE DOES NOT
PRESCRIBE NARCOTIC PAIN
MEDICATIONS AFTER OFFICE
HOURS OR ON THE WEEKENDS**