

# Dental Surgery Post Operative Instructions

## **BLEEDING:**

Slight oozing is expected and may last for 24 hours. Your saliva may be pink during this time. The saliva should be swallowed or wiped from mouth. Continued spitting or creation of suction by drinking through a straw or smoking will cause more bleeding. Sitting upright and remaining inactive will help to minimize this. After 24 hours you may brush gently but avoid the area of surgery. If any amount of bleeding continues, you may apply pressure by biting on a tea bag soaked in cold water and call us if you have any concerns.

## **SWELLING:**

Swelling may occur after any surgical procedure. It may be accompanied by some temporary discoloration of the skin. It is not unusual if you wake with more swelling the day after surgery. Keeping the head elevated with an extra pillow helps to minimize this. If you have been given an ice pack, use it the day of the surgery 20 minutes on and 20 minutes off for the remainder of the day.

## **TEMPERATURE:**

An elevated temperature is not unusual for the first 24 hours. If your temperature remains elevated longer than this please call our office. You should expect some discomfort but not intolerable pain. Pain medication should be taken with food and never more frequently than indicated in the instructions. Call our office if you have any concerns regarding your medication. Sensitivity to cold can occur and will disappear gradually with time.

## **ANTIBIOTICS:**

All antibiotics should be taken exactly as prescribed and until the full prescription is finished. Please report any ill effects from medication, such as rash or difficulty breathing, to our office immediately. Antibiotics can render oral contraceptives ineffective; therefore, other methods should be used.

## **ACTIVITIES:**

You have just had a surgical procedure done in your mouth and rest is very important for proper healing. Keep physical activity down to a minimum for 24 hours. Wait at least four days before you exercise. In 7-10 days gently brush the surgical area. Otherwise rinse with Peridex 2 times a day as directed.

## **DIET:**

Do not eat solid foods until the local anesthetic wears off.

A nutritious diet throughout your healing process is most important to your healing. While you are taking medication it is important that you are aware that eating can prevent nausea sometimes associated with certain medications.

Avoid hot foods and liquids for the first two days. Eat soft foods such as eggs, prepared cereals, mashed potatoes, yogurt, and cottage cheese, soups (not hot), broiled fish, nutriment, and ensure. Please avoid acidic and spicy foods such as tomatoes, pepper, orange juice and citrus fruits.

## **Dental Surgery Post Operative Instructions Cont.**

### **SMOKING AND ALCOHOL:**

Smoking will slow healing tremendously, creating a possibility of infection or bleeding. If you must smoke wait at least 72 hours. Please do not mix alcohol with pain medication; follow the precautions carefully.

### **MEDICATIONS:**

Take your medications as prescribed and follow all precautions.

Rinse with Peridex 2 times daily.

Do not hesitate to call our office with any problems or concerns.