

# Instructions Following Surgery

**1. GENERAL:** Any surgery, no matter how minor, can affect your body in many ways. You must advise the doctor of all changes in medication and/ or health since your last visit. If you are taking any premedication, be sure to follow instructions on the label. Get a good night's rest. Ask any questions you are concerned about before the procedure.

**2. DO NOT DISTURB THE BLOOD CLOT:** Its grayish or yellowish appearance and slight odor do not indicate an infected condition. Keep your tongue, fingers, toothpicks, spoons, forks, knives, etc away from the surgical area. If you think something is stuck in the area, call. Do nothing to remove it yourself; you can only make it worse.

**3. BLEEDING:** A certain amount of bleeding is to be expected following the operation. Blood tinged saliva may be seen for about 36 hours. Leave the original gauze in place for one hour. If bleeding continues after an extraction, place another small-moistened gauze pad (as provided) or a moistened teabag directly over the socket for at least 60 minutes, holding it in place with moderate biting pressure. It may be necessary to repeat this procedure. If bleeding continues, call the office immediately. If a dental prosthesis has been inserted, do not remove it for any reason until you have been seen in the office. Do not smoke for at least 24 hours following surgery. Forceful spitting and excessive physical activity tend to increase and prolong bleeding, as does bending over and picking up objects. A semi-reclining position and rest for the first few hours is recommended.

**4. MOUTH RINSING:** Prior to your appointment we will prescribe Peridex mouth rinse and an antibiotic to you. Begin the Peridex rinses 3 days before your appointment and rinse at least 2 times per day. After your procedure, vigorous mouth washing may stimulate bleeding by breaking up clots that have formed. Therefore, **DO NOT RINSE ON THE DAY OF YOUR PROCEDURE, AFTER YOUR PROCEDURE.** The day after your procedure, continue your PERIDEX rinses gently at least two times per day until gone. Do not rinse with over the counter (OTC) mouthwashes. After 24 hours you may gently brush the teeth that are not close to the area of surgery -- DO NOT VIGOROUSLY SPIT.

**5. SWELLING:** It is not unusual to have some swelling the second day or the third. To help minimize ordinary immediate postoperative swelling, apply an ice pack to the face over the operated area (15 minutes on- 15 minutes off) FOR THE FIRST DAY ONLY. If the swelling persists the second day, discontinue the ice pack and begin the warm moist heat.

**6. DIET:** It is important to maintain a good diet. A liquid to soft diet is advisable for the first two days (soups, blenderized meals, gelatin desserts, etc.). You should drink plenty of fluids (6 to 8 glasses per day), but avoid using a straw.

**7. MEDICATION:** Prior to your appointment we may prescribe Peridex mouth rinse and an antibiotic. Begin the Peridex rinses 3 days before your appointment at least 2 times per day. Begin taking antibiotics 3 days before your appointment as directed on the bottle. You will continue doing the Peridex rinses at least 2 times per day until directed otherwise. **CONTINUE TAKING ANTIBIOTICS UNTIL GONE.** DO NOT drink alcohol with any medication. Please call us if the medication does not seem to be working, causes unmanageable side effects, or if the directions on the bottle seem different than what we discussed.

**8. SUTURES AND DRESSINGS:** Depending upon your surgery, you may have several "stitches" and/ or protective dressings. Sutures generally need to stay in place 3 to 5 days. If they become loose or fall out before that time, please call our office. Some sutures are resorbable, some are not. DO NOT TOUCH or play with them. Return to our office for removal as scheduled.

**9. BONE FRAGMENTS:** During the healing process, small sharp fragments of bone may loosen and work through the gum. These fragments, which are not roots, usually work out of their own accord, but if they are annoying return to the office so the Dentist can advise or treat you.

**10. PAIN AND SWELLING:** Normally after surgery you may experience some temporary changes in the mouth and cheek area, and possibly some muscle or jaw-joint soreness. If pain or swelling occurs after the wound has apparently healed (1 to 2 weeks), return for an examination. It is not uncommon to experience a temporary swelling of your cheeks and an inability to open your mouth wide.

**11. UNUSUAL COMPLICATIONS:** Feel free to contact us if any doubt arises as to your progress and recovery.