

## Post operation Instructions following Surgical Exposure of Teeth

Please follow the instructions below to ensure proper healing after a surgical exposure.

### **CONTROL BLEEDING:**

- Place gauze pad over site for 45 minutes after the procedure.
- Replace gauze over area if bleeding/oozing continues for an additional 30.
- You may need to continue this for up to 2 hours.
- Lie down, rest and keep head elevated until bleeding stops.

### **MANAGE DISCOMFORT AND PAIN:**

- Take pain medication as recommended. Do not take on an empty stomach as nausea may result.
- Take antibiotic medication for prescribed length of time even if all symptoms and signs of infection are gone.
- Place a towel covered ice bag on face (20 minutes on, 20 minutes off) Can continue for several days.
- Swelling usually begins to subside within 48 hours.
- Limit yourself to calm activities for 24 hours; this keeps your blood pressure lower and reduces bleeding.
- Drinks plenty of fluids.
- Eat only soft, nutritious foods.

### **DO NOT ENGAGE IN THE FOLLOWING FOR A MINIMUM OF 24 HOURS:**

- Smoking
- Spitting
- Sucking through a straw
- Rinsing your mouth vigorously
- Consuming alcoholic, carbonated or hot beverages
- Strenuous activities
- Eating hard difficult to chew or spicy foods

The above activities could possibly slow down the natural healing process.

### **AFTER 24 HOURS:**

- Resume your normal dental cleaning routine including brushing your teeth, tongue and flossing.
- Your normal eating routine with caution in the surgical site or as soon as it is comfortable to do so.
- Gently rinse with warm salt-water 3 times a day (teaspoon of salt in warm (not hot) water, gently rinse- swish - spit)

### **CALL THE OFFICE IMMEDIATELY IF:**

- The bracket becomes unattached.
- Heavy bleeding persists
- Severe pain occurs
- Excessive swelling continues after 2 – 3 days
- You have a reaction to any medications prescribed
- Any condition arises that appears unusual