



# LAURENCE H. STONE, D.D.S.

## COSMETIC & GENERAL DENTISTRY

*For the smiles of your life.*

### POST OPERATIVE INSTRUCTIONS: ORAL SURGERY PROCEDURE

To insure rapid healing and to avoid complications that could be both harmful and painful to you, follow these instructions carefully.

1. **Bleeding**- Continue to bite firmly on the gauze placed on the surgical site for the next 30 minutes. If bleeding continues, replace the gauze in the surgical site and bite firmly for an additional 30 minutes. Continue to bite firmly with gauze until the bleeding stops. A moistened tea bag, wrapped in gauze can also be placed in the surgical site with firm bite pressure. It is not unusual to have some slight oozing for up to 24 hrs.
2. **1<sup>st</sup> 24 hrs.**- Once the blood clot forms, it is important to protect it. **DO NOT** smoke, suck through a straw, rinse vigorously, brush or clean the surgical site, or perform strenuous activities.
3. **Swelling**- Some swelling and temporary loosening of the teeth may be expected. Apply an ICE PACK to the face, if directed, 10 minutes on and 10 minutes off the rest of the day of the surgery. **DO NOT** apply heat to the swollen area.
4. **Medications**- Any prescriptions given by the doctor should be filled immediately. Antibiotics prescribed should be started immediately and taken, as directed, until all pills are finished. If a pain reliever has been prescribed, only take as many pills as necessary to manage discomfort. **DO NOT** take any medications on an empty stomach. If sedative medications were administered, do not drive for at least 24 hours after the procedure.
5. **Diet**- It is important to get adequate nutrition while healing after surgery. Drink lots of fluids. Eat only soft, nutritious foods on the opposite side of the surgical site. **AVOID**- hard, hot, spicy or salty foods.
6. **Rinsing and Brushing**- **DO NOT** rinse or brush for the first 24 hours. After 24 hours, rinse gently with warm salt water 3-4 times per day (1/2 teaspoon salt in a glass of warm water). Starting the day after surgery brush the teeth, but not in the surgical site. **DO NOT** use electric toothbrush in the surgical site for 6-8 weeks.
7. **Unforeseen Complications**- If you suspect any problems with the normal course of healing, do not hesitate to call immediately:

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