

POST-SURGERY INSTRUCTIONS

Healing following surgery in your mouth is usually fast and uncomplicated, if you follow the directions below:

1. Gently bite on gauze sponges for 30 minutes after the surgery to encourage the bleeding to clot. Replace the sponges with new water-moistened gauze sponges for another 30 minutes if fresh, red blood is present. If bleeding continues after this time, bite on a teabag for 30 minutes. If you are still bleeding, please contact our office.
2. Do not drink or eat hot foods today, as you may dissolve or loosen the blood clot. Eat cool, soft, nutritious foods today.
3. Do not “suck” on the wound site for the next few days. You may disturb the blood clot, causing bleeding, slow healing, and/or bone pain often called a “dry socket.”
4. Do not eat hard foods for a few days in the part of your mouth where the surgery was accomplished. You could disturb the healing.
5. Do not overexert yourself during the next 24 hours.
6. If pain persists after several days, please contact us for instructions.

THE POINTS CHECKED OFF BELOW APPLY TO YOU:

7. Sutures (stitches):

- ☐ a. Were not placed.
- ☐ b. Were placed. You need an appointment in about 7 days to have the stitches removed.
- ☐ c. Were placed. You do not need an appointment to remove them. They will dissolve by themselves in a few weeks.

8. Pain:

- ☐ a. You have not been given a prescription for pain. You should not experience discomfort. Take aspirin or Tylenol for mild discomfort that may come in about two hours from now. If the pain is more than these drugs can control, please call us, and we will phone a prescription to your nearest pharmacy.
- ☐ b. You have been given a prescription for pain. You may elect to try to control the discomfort with aspirin or Tylenol before filling the prescription. If these drugs will not control the pain, please get the prescription filled and take the medication as directed.

9. **Antibiotic:**

- ☐ a. You have not been given an antibiotic. It does not appear you will need antibiotic therapy.
- ☐ b. You have been given a prescription for an antibiotic. Please take the medication as directed until all the tablets are gone.

10. **Cold Application:**

- ☐ a. Not necessary for your surgery.
- ☐ b. Use cold packs (ice in plastic bags) on the outside of your face near the surgery site for two hours when you arrive home. Usually alternating 10 minutes on the face and 10 minutes off for an hour is adequate.

You should be healed from this surgery very soon. Please call us if any questions arise.

Thank you.