

**NAME OF CLINIC:** \_\_\_\_\_

**Contact Nos:** \_\_\_\_\_

## **POSTOPERATIVE INSTRUCTIONS**

### **WOUNDCARE**

Bite firmly on the gauze pack that has been placed until you arrive home, then remove it gently. Do not smoke for at least 12 hours because this will promote bleeding and interfere with healing.

### **BLEEDING**

Some blood will flow from area of surgery and is normal. You may find a bloodstain on your pillow in the morning. Do not suck through straw, since this promotes bleeding. If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes. Keep your head elevated with several pillows or sit in a lounge chair.

### **DISCOMFORT**

Some discomfort is normal after surgery. It can be controlled but not eliminated by taking pain pills (example: Mefenamic Acid) prescribed. Take your pain pills with a whole glass of water and with a small amount of food if the pills cause nausea. Do not drive and/or drink alcohol if you take prescription pain pills.

### **DIET**

It is important to drink a large volume of fluids. Do not drink through a straw, because this may promote bleeding. Eat normal regular meals as soon as possible after surgery. Cold, soft such as ice cream or yogurt may be the most comfortable for the first day.

### **ORAL HYGIENE**

Do not rinse your mouth or brush your teeth for the first 8 hours after surgery. After, rinse gently with warm salt water (1/2 teaspoon of salt dissolved in 8 oz of warm water) every after 4 hours. Brush your teeth gently but avoid the area of surgery.

### **SWELLING**

Swelling after surgery is normal body reaction. It reaches its maximum about 48 hours after surgery and usually last 4-6 days. Applying ice packs over the area of surgery for the first 12 hours controls swelling and may help the area to be more comfortable.

### **REST**

Avoid strenuous activity for 12 hours after surgery.

### **BRUISING**

You may experience some mild bruising in the area of surgery this is normal response in some persons and should not be a cause of alarm. It will disappear in 5-10 days.

### **STITCHES**

If stitches have been placed in the area of your surgery, you will need to have them removed after a week.

For further questions please Visit or contact the clinic