

## POST-SURGICAL INSTRUCTIONS

### WHAT TO DO FOLLOWING SURGERY

- 1 • After leaving the office, rest and avoid strenuous activities for the remainder of the day.
- 2 • Take necessary medication for relief of discomfort.
- 3 • Apply an ice bag to the outside of your face over the operated area. Apply for 5 minutes, then remove for 5 minutes. Continue application for the first day to lessen swelling and discoloration.
- 4 • Eat soft foods for the first 24 hours.
- 5 • **Gently brush** and **avoid** chewing in the **operated area only** until the sutures are removed.
- 6 • **After 24 hours**, take **gentle** mouth rinses using warm salt water after each meal. It is important that the water is spit out **very gently**.
- 7 • If swelling persists 2-3 days after surgery, apply a hot pack over the operated area.
- 8 • Return to this office for suture removal as directed.

### WHAT TO EXPECT FOLLOWING SURGERY

- 1 • Some discomfort will be present. Severe pain seldom occurs. If comfort is not restored with necessary medication, please call our office.
- 2 • There will be some swelling and discoloration (bruising) present 3-5 days following surgery.
- 3 • There is often a temporary loss of feeling in the operated area and the operated tooth may feel loose for a time.
- 4 • There is a possibility of nose bleeding. Tilt your head and apply pressure to the bridge of the nose for a few minutes.

*These are all normal parts of the healing process.*