

FAMILY DENTISTRY AND DENTAL SPECIALIST GROUP

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POST ORAL SURGERY INSTRUCTIONS

1. **DO NOT REMOVE** THE GAUZE FOR AT LEAST 60 MINUTES.
2. WHEN YOU GET HOME, WASH YOUR HANDS & REMOVE THE GAUZE, CHECK FOR BLEEDING, A LITTLE BLEEDING OR OOZING IS NORMAL. BLEEDING CAN BE CONTROLLED BY BITTING DOWN ON A ROLL OF GAUZE FOR ABOUT 60 MINUTES. IF NECESSARY REPEAT.
3. **DO NOT** RINSE YOUR MOUTH FOR 24 HOURS. AFTER 24 HOURS *GENTLY* RINSE WITH SALT WATER (1TEA SPOON SALT & 80Z. WARM WATER) FIVE TIMES DURING THE DAY (AFTER BRUSHING AND AFTER MEALS) REPEAT FOR THE NEXT TWO DAYS. RINSING TOO SOON WILL DISLODGE THE BLOOD CLOT & INTERRUPT THE HEALING PROCESS.
4. **SWELLING:** TO HELP MINIMIZE SWELLING, ICE SHOULD BE APPLIED AGAINST THE SKIN OVER THE SURGICAL SITE, MAINTAIN THE ICE FOR 20 MINUTES, THEN REMOVE IT FOR 20 MINUTES. CONTINUE TO DO THIS THROUGHOUT THE DAY. SWELLING IS QUITE COMMON WITH SURGERY OF THE JAWS AND SHOULD NOT CAUSE CONCERN. UNLESS YOUR TEMPERATURE IS ELEVATED ABOVE 101 F. THE SECOND DAY, IF THERE IS SWELLING OR STIFFNESS APPLY HEAT WITH A WARM MOIST COMPRESS FOR 20 MINUTES OUT OF EACH HOUR.
5. **STIFFJAW:** *THIS* IS COMMON AFTER SOME EXTRACTIONS, CHEWING GUM WHILE APPLYING A WARM MOIST COMPRESS WILL EASE STIFFNESS.
6. **AVOID** ALL EXCESSIVE ACTIVITY, **DON'T** PICK AT THE SURGICAL AREA, **DON'T** CONSUME LIQUIDS THROUGH A STRAW, AVOID SPITTING, AVOID ALCOHOLIC BEVERAGES AND **REFRAIN** FROM UNTIL HEALING IS WELL ESTABLISHED.
7. **SHARPEDGES:** *THIS* IS VERY COMMON IT MAY FEEL LIKE A TOOTH BUT IS ONLY A PHASE OF THE HEALING PROCESS, IT WILL SMOOTH OUT IN A FEW WEEKS PLEASE *BE PATIENT*.
- 8- **DIET:** TO HEAL AFTER YOUR SURGERY, IT IS IMPORTANT TO MAINTAIN GOOD NUTRITION, THE FOLLOWING IS **RECOMMENDED:** **TODAY:** LIQUIDS (SOUPS & MILKSHAKES)
TOMORROW: SOFT FOODS (CHOPPED MEATS, MASHED POTATOES). **THIRD DAY:** REGULAR DIET.
9. *AFTER 24 HOURS* BRUSH AT LEAST TWICE A DAY AVOIDING THE EXTRACTION SITE.
10. **PAIN:** A CERTAIN AMOUNT OF PAIN & DISCOMFORT IS NOT UNCOMMON. IF YOU HAVE BEEN GIVEN A PRESCRIPTION USE AS DIRECTED. PAIN MEDICINE TO BE USED ONLY WHEN NECESSARY. PLEASE DO NOT DRIVE IF YOU ARE TAKING ANY PRESCRIPTION STRENGTH PAIN MEDICINE.

PLEASE DO NOT HESITATE TO CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS. PLEASE RETURN TO YOUR FOLLOW- UP APPOINTMENT EVEN IF YOU FEEL BETTER.