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## POSTOPERATIVE SURGERY INSTRUCTIONS

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

### Bleeding

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

### Discomfort

1. Some discomfort is normal after surgery. It can be controlled but not eliminated by taking the pain pills your dentist has prescribed.
2. Take medication as directed.
3. Do not drive or drink alcohol if you take prescription pain pills.

### Diet

1. 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 your surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day.

### Oral Hygiene

1. Do not rinse your mouth vigorously for 24 hours.
2. After that, rinse gently with warm salt water (1/2 teaspoon of salt in 8 oz. of warm water) every 4 hours.
3. Brush your teeth gently, but avoid the area of surgery.

### Swelling

1. Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.

### Swelling - continued

2. Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.

### Rest

1. Avoid strenuous activity for 12 hours after your surgery.

### Bruising

1. You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.

### Stiffness

1. After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

### Stitches

1. If stitches have been placed in the area of your surgery, you will need to have them removed in about 1 week.

### Call the office if:

1. You experience excessive discomfort that you cannot control with your pain pills.
2. You have bleeding that you cannot control by biting on gauze.
3. You have increasing swelling after the third day following your surgery.
4. You feel that you have a fever.
5. You have any questions.