

GENERAL INFORMATION

You may expect some swelling after dental surgery. Swelling is a part of the natural healing process and may last several weeks. This is dependent on the nature and the extent of your surgery. Individuals with fair skin or who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure(s). Any discomfort you may have should be controlled with proper medication and not be severe. Please refer to the corresponding pages for further information concerning your post operative care.

WHEN YOU SHOULD NOTIFY A DOCTOR

If profuse bleeding continues after 3-4 hours of applied pressure.

If the pain or swelling increases after the third day.

If the sutures (stitches) become dislodged prior to the third day.

If an oral bandage or dressing that was placed becomes dislodged prior to the third day.

If you have any symptoms which may indicate a reaction or allergy to the medications such as:

- Skin rash/itching
- Hives
- Elevated temperature
- Increased and/or erratic heart rate
- Nausea/vomiting
- Dizziness/fainting
- Blurred vision

If your body temperature remains higher than 100 degrees Fahrenheit taken orally after the third day.

YOUR HOME CARE INSTRUCTIONS

Bleeding

-To slow and prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 15 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process.

-If the bleeding persists without slowing for several hours, apply a moist tea bag wrapped in gauze and repeat the steps above. The tannic acid in the tea will assist in controlling the bleeding.

-If profuse bleeding is still occurring after 3-4 hours, and the above measures have been taken, call the office immediately.

-After 24 hours, gently rinse with warm salt water. DO NOT use vigorous mouth washing action. This action may dislodge the body's natural clotting process and re-open the area to bleeding.

-DO NOT exercise, use physical force, or enter stressful situations for the first 72 hours or until the medication and natural healing process allow. This will increase your heart rate and thereby blood pressure. This too, has an adverse reaction on the body's natural healing process.

-DO NOT operate heavy or hazardous equipment for the first 24 hours or until the medication and natural healing process allow.

SWELLING

Apply ice packs at 15 minute intervals to reduce the swelling. After 72 hours, heat will relieve the swelling. Swelling is a part of the healing process and can be expected for three days to several weeks depending on the nature and extent of the surgery.

YOUR DIETARY NEEDS

DO NOT try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly bite yourself.

LIQUIDS

DO take in liquids immediately and prior to taking any pain medication. This will help prevent nausea, an upset stomach, and expedite the medication's effects.

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VIAMIN THERAPY

Vitamin C-1500 mg per day

-Begin taking five days prior to your surgery and continue until your treatment has been completed. Take 500mg three times daily, or use time release pills.

Antibiotics

-As Prescribed

-It is important that all antibiotics be taken to completion.

AFTER SURGERY

-A nutritious diet throughout your healing stage is most important to your comfort, temperaments, and healing. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important that you are aware that eating can prevent nausea sometimes associated with certain medications.

-Milk, along with cooked cereals, scrambled eggs, cottage cheese, and toast are recommended for the initial day following surgery.

-Soups, broiled fish, stewed chicken, mashed potatoes, and cooked vegetables can be added to your diet as your comfort indicates.

-Nutriment, Ensure, Sego and/or yogurt supply excellent added nutrition. These are especially indicated if other soft foods are not taken in.

-Please avoid acidic foods such as tomatoes, orange juice, and citrus foods as they may cause discomfort.

-Above all, eat a nutritious diet with soft foods!

POST OPERATIVE INSTRUCTIONS

The following is a list of GENERAL INSTRUCTIONS following surgery. A more complete set of instructions specific to the procedure(s) for you will be provided. These general instructions are designed to minimize your post operative discomfort and inform you of situations which can and may arise.

-DO rinse, only lightly, for at least 48 hours

-DO NOT rinse aggressively for seven days following a bone graft surgery.

-DO NOT over exercise. The heart rate will increase and thus bleeding will increase.

DO NOT SMOKE OR USE SPIT TOBACCO FOR 72 HOURS!!!!!!!!!!!!!!!!!!!!

REMEMBER P.I.E.R

-Pressure; light pressure on the area if bleeding

-Ice; cold compresses on the area

-Elevation; elevate your head whenever you lie down.

-Rest; and plenty of it.

POST OPERATIVE MEDICATION

-If an antibiotic is prescribed during treatment, you should take the medication exactly as directed on the prescription to completion.

-If you were minimally sedated for surgery:

-DO NOT drive or operate heavy equipment

-DO NOT work around machinery

-DO NOT climb ladders or work at unsafe heights for 24 hours or until the effects of sedation have gone.

-DO NOT consume alcoholic beverages:

-Until healing process is complete.

-While you are under medication.

-DO NOT exceed the prescribed and recommended dosage. Take only the medication as directed on the prescription.

-Notify the doctor if you have any symptoms which may be related to an allergic reaction.