



Post Op Instructions following Surgical Exposure of Teeth

Please follow the instructions below to ensure proper healing after a surgical exposure.

CONTROL BLEEDING:

- Place gauze pad over site for 45 minutes after the procedure.
- Replace gauze over area if bleeding/oozing continues for an additional 30.
- You may need to continue this for up to 2 hours.
- Lie down, rest and keep head elevated until bleeding stops.

MANAGE DISCOMFORT AND PAIN:

- Take pain medication as recommended. Do not take on an empty stomach as nausea may result.
- Take antibiotic medication for prescribed length of time even if all symptoms and signs of infection are gone.
- Place a towel covered ice bag on face (20 minutes on, 20 minutes off) Can continue for several days.
- Swelling usually begins to subside within 48 hours.
- Limit yourself to calm activities for 24 hours; this keeps your blood pressure lower and reduces bleeding.
- Drink plenty of fluids.
- Eat only soft, nutritious foods.

DO NOT ENGAGE IN THE FOLLOWING FOR A MINIMUM OF 24 HOURS:

- **Smoking**
- **Spitting**
- **Sucking through a straw**
- **Rinsing your mouth vigorously**
- **Consuming alcoholic, carbonated or hot beverages**
- **Strenuous activities**
- **Eating hard difficult to chew or spicy foods**

The above activities could possibly slow down the natural healing process.

AFTER 24 HOURS:

- Resume your normal dental cleaning routine including brushing your teeth, tongue and flossing.
- Your normal eating routine with caution in the surgical site or as soon as it is comfortable to do so.
- **Gently** rinse with warm salt-water 3 times a day (teaspoon of salt in warm (not hot) water, **gently** rinse- swish - spit)

CALL THE OFFICE IMMEDIATELY IF:

- The bracket becomes unattached.
- Heavy bleeding persists
- Severe pain occurs
- Excessive swelling continues after 2 – 3 days
- You have a reaction to any medications prescribed
- Any condition arises that appears unusual

Smithfield Family Dentistry 910 S Bright Leaf Blvd. Smithfield, NC 27577	Ph# 919-934-1333	Fax# 919-934-4748
Creedmoor Family Dentistry 110 W. Church Street Creedmoor, NC 27522	Ph# 919-528-4004	Fax# 919-528-2211
Pittsboro Family Dentistry 987 East Street Pittsboro, NC 27312	Ph# 919-545-9500	Fax# 919-542-0904
Roxboro Family Dentistry 347 S. Madison Blvd Roxboro, NC 27537	Ph# 336-599-1349	Fax# 336-322-3776
Leland Family Dentistry 117 H Village Rd Leland, NC 28451	Ph# 910-371-5664	Fax# 910-371-5667