

POST SURGICAL INSTRUCTIONS

- 1) **Discomfort.** You can expect to have some discomfort when the anesthetic wears off. We have tried to anticipate your post operative discomfort and have issued a prescription for pain control. Please take as directed. You may also find that over the counter products such as Tylenol will control the discomfort without the side effects. If pain is not controlled, please contact us immediately.
- 2) **Bleeding:** Some slight bleeding and oozing is to be expected. This is not unusual and most of the time it corrects itself within a few hours. Should the bleeding persist or become excessive, sit quietly and apply direct pressure to the surgical area with a wet tea bag or gauze. Repeat if necessary. If this does not stop the bleeding, please contact our office
- 3) **Rinsing:** Do not rinse, spit or drink through a straw for the first 24 hours. This may disturb normal clotting and can create a negative pressure in the mouth which may cause bleeding. Begin rinsing the next day with a mouthwash twice daily. If you use PerioGard® mouthwash, please do not use the more than twice a day as it can cause staining to the teeth. Warm salt water rinsing is recommended by using 1/8 teaspoon to 8 ounces of warm water. This will help the surgical area feel more comfortable as well as encourage healing by flushing food particles which may have lodged around the surgical area.
- 4) **Ice packs:** To help minimize swelling apply ice to the side of your face where the surgery or extraction was performed. The ice should be applied for 15 minutes then removed for 15 minutes. The first 24 hours is when ice is most effective. Some swelling may occur and it is not unusual for the swelling to last 4-5 days.
- 5) **Diet:** You should eat away from the surgical site. Try to avoid hard or crunchy foods. Keep food and beverage temperature mild or cold. Eating softer foods can be chewed and swallowed more easily. Try not to miss meals and as soon as possible eat solid foods. You will feel better, have less discomfort and heal faster.
- 6) **Smoking:** We recommend that you do not smoke following the surgery. Smoking after surgery means more discomfort and slower healing, as well as a higher risk for post operative infection and bleeding.
- 7) **Oral hygiene:** The first 5-7 days you should avoid cleaning the surgical site. Your normal oral hygiene should be continued in the remainder of your mouth. At the time of your suture removal, we will review the care of the surgical area with you.
- 8) **Post operative visits:** You will return to the office 5-7 days following your surgery for a suture removal and healing check. Tissue healing check will be necessary at specific intervals throughout your post operative healing. Monitoring of the surgical site as well as proper home care will help assure the success of your surgery. Noncompliance during your recommended appointments may jeopardize optimal surgical results.

If you believe you have an emergency situation at any time, please contact the office or page Dr. Mao at **(206) 851-7139**.

