

# Calcaterra Family Dentistry

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## Post-Operative Care Instructions

Surgery of any kind places a stress on your body. Get adequate rest and avoid strenuous activity for a few days following your procedure. Swelling, discomfort, and restricted jaw function can be expected. These may be minimized by adhering to the following instructions:

**For Bleeding:** Place sterile gauze over the extraction site and bite firmly to apply pressure. Change gauze every 20-30 minutes as necessary. After 5 hours if there is still active bleeding run a *black tea* bag under warm water and place over extraction site.

- Bleeding is normal over the next few days. Remember that the more active you are the more likely you are to bleed longer.
- A little bit of blood mixed with saliva can look like a lot. It is normal to see blood in the sink when you brush for the next few days.
- After any oral surgery there is a risk of swelling and or bruising. Ice should be applied to the cheeks in 20-minute intervals (20 min. ice on/20 min. ice off). Apply ice for the first 24 hours only.

**For Discomfort:** Take medications as directed by us **before** the local anesthesia wears off.

**Diet Instructions:** Consume soft/liquid foods for the first 24 hours. These include ice cream, yogurt, Jell-O, pudding, soup, etc. Avoid crumbly foods or hard to chew items such as steak, bagels, large sandwiches, potato chips etc.

**General Instructions:** It is not necessary to brush the night after surgery. You should however resume brushing the next day.

### Don't:

- Brush teeth day of surgery
- Drink through a straw
- Forcefully swish or spit
- Smoke for 24 hours
- Rinse with any mouthwash for 1 week

### Do:

- Take all medications as directed
- Drink plenty of fluids
- Call the office with any questions
- Avoid unnecessary use of your mouth

### Call Us For:

- Bright red persistent bleeding
- Constant increasing pain 72 hours after surgery
- A fever of 101 F or above
- Swelling that increases in size starting 2-3 days after surgery