



## POST-OPERATIVE INSTRUCTIONS: UNCOVERING AND BRACKETING

Do not disturb the wound. If surgical packing was placed, leave it alone. The packing helps to keep the tooth exposed. If it gets dislodged or falls out, do not be alarmed.

### Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding which results in your mouth filling rapidly with blood can frequently be controlled by biting with pressure on a gauze pad placed directly on the bleeding wound for 45 minutes. If the bleeding is brisk, place a tea bag under cold water and remove excess water. Place the tea bag over the extraction site and have the patient bite down on the tea bag for 30 minutes. The tannins in the tea will help stop bleeding more quickly. It may take 4-6 hours for the bleeding to slow down. If bleeding continues, please call the practice for further instructions.

### Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag or a plastic bag or towel filled with ice cubes on the cheek over the area of surgery. Apply the ice for 30 minutes on and then 30 minutes off for the first 36 hours.

### Diet

Drink plenty of fluids. Avoid hot liquids and foods. Soft foods and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

### Pain

Discomfort after oral surgery is normal. To best manage your discomfort, please take the prescribed pain medications on schedule per the directions provided. Staying on top of a regular schedule will best minimize discomfort after oral surgery. If you are still experiencing significant discomfort despite the medications, please contact our office.

### Oral Hygiene

Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth as best as you can. Rinse with warm water 6 times a day. Continue this procedure until healing is complete. **REMEMBER:** A clean wound heals better and faster.

### Activity

Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get lightheaded, stop exercising.

It is our desire that your recovery is as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call our office.

**PLEASE NOTE: Telephone calls for narcotic (pain killer) prescriptions renewal are ONLY accepted during office hours.**