

ORTHODONTIC PROCEDURES POST-OPERATIVE INSTRUCTIONS

Orthodontic Exposure/Bracket/Extraction

The tooth that was exposed may have a gold chain attached to the bracket that was bonded onto the unerupted tooth, and then secured to the archwire. Your orthodontist will use this chain to assist in the eruption of the impacted tooth. We recommend that you follow up with your orthodontist within two weeks of surgery.

Temporary Anchorage Device (TADs)

If an OrthoAnchor device was placed, it will slightly protrude from the jaw. It is important to keep the TAD clean with normal brushing so that plaque will not collect on the surface. Wax may be placed on the TAD if you experience irritation.

C-tube Plate Fixation

If a C-tube plate was placed, it will slightly protrude from the jaw. It is important to keep the C-tube clean with normal brushing so that plaque will not collect on the surface. Wax may be placed on the C-tube if you experience tissue irritation.

Gauze

If gauze was placed, leave the gauze sponge in place for 30-45 minutes, maintaining firm pressure.

Bleeding/Oozing

Some bleeding or redness in the saliva is normal for 24-48 hours. This bleeding/oozing may continue throughout the first 24 hours. If bleeding persists, slightly moisten and place a new gauze sponge, and continue pressure for an additional 45-60 minutes. If bleeding continues, please call our office.

Swelling

It is not uncommon to have some swelling from these procedures. To minimize swelling, apply ice 20 minutes on, 20 minutes off, throughout the first day. Swelling usually peaks between days two and three. After 48 hours, you may switch from ice to moist heat.

Medications

Unfortunately, most oral surgery is accompanied by some degree of discomfort.

- **Pain Medication:** Take the first pill before the anesthetic has worn off. This will enable you to manage your discomfort more effectively. If you do not achieve adequate pain relief, you may supplement each pill with Advil/Motrin (ibuprofen). The effects of medications vary widely among individuals. Please call the office if the pain is not controlled.
Please do not drink alcoholic beverages, drive a car, or operate machinery while taking prescribed pain medication.
- **Antibiotics:** Take antibiotics on the specified dosing schedule. Yogurt with active cultures and/or acidophilus may be taken while on antibiotics to help minimize gastrointestinal side effects. If you develop severe cramping and/or diarrhea, please notify the office.
If you are on birth control pills, please be advised that antibiotics and other medications may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy. Please consult your physician to initiate additional forms of birth control during the period of treatment.
- **Anti-swelling Medication:** If our team prescribed medication to help control swelling, please take the medication on the specified dosing schedule.
- **Prescription Rinse:** Rinse with the prescribed antibiotic rinse (Peridex) as directed.

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Nausea

Nausea is an uncommon event after surgery. It is sometimes caused by stronger pain medications. Preceding each pill with a small amount of soft food and liquids may reduce nausea. Try to keep taking clear fluids and minimize the use of pain medication. If nausea is persistent, please give the office a call.

Diet

Food selection is largely a matter of your choice. It is recommended that you confine the first day/week's intake to soft foods (creamed soups, puddings, yogurt, milkshakes (no straw), macaroni and cheese, pasta, ice cream, etc.). Over the next several days, you can progress to solid foods at your own pace. Eating a nutritious diet throughout your healing process will help you feel better.

If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule. You may need to test your blood sugar more frequently during the first 48 hours post-operatively.

Brushing

Begin your normal oral hygiene routine as soon as possible after surgery. Brush the teeth and the device. It is very important to keep the mouth clean.

Mouth Rinses

Do not rinse the day of surgery. Beginning the next day, mix ¼ teaspoon of salt in an 8-ounce glass of warm water and gently rinse two or three times daily for the next week (in addition to your prescription mouth rinse, if prescribed).

Our team of surgeons and their staff wish you a smooth and pleasant recovery. Following these instructions will assist in your post-operative healing. If you have any questions, please call the office during office hours for a faster response. A 24-hour answering service is available for after-hours contact with the doctor.