

GENERAL INFORMATION

You may expect some swelling after dental surgery. Swelling is a part of the natural healing process and may last several weeks. This is dependent on the nature and the extent of your surgery. Individuals with fair skin or who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure(s). Any discomfort you may have should be controlled with proper medication and not ever be severe. Please refer to the following pages for further information concerning your Post Operative Care.

WHEN SHOULD YOU NOTIFY A DOCTOR

1. If profuse bleeding continues after 3-4 hours of applied pressure. (Refer to Section below on Bleeding)
2. If you are unable to maintain a nutritious diet after 48 hours.
3. If the pain or swelling increases after the third day.
4. If the sutures (stitches) become loose or dislodged prior to the third day.
5. If an oral bandage or dressing that was laced becomes dislodged prior to the third day.
6. If wires or splints were placed and become dislodged or loose
7. If your body temperature remains higher than 100 degrees F. taken orally after the third day.
8. If you have any symptoms which may indicate a reaction or allergy to the medications:

Skin rash/itching
Hives
Elevated temperature
Increased and/or erratic heart rate
Nausea / vomiting
Dizziness / fainting
Blurred vision

HOME CARE INSTRUCTIONS

BLEEDING

To slow and prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 15 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process.

If bleeding persists without slowing for several hours, apply a moist tea bag wrapped in gauze and repeat the steps above. The tannic acid in the tea will assist in controlling the bleeding.

If profuse bleeding is still occurring after 3-4 hours, and the above measures have been taken, **Call our office Immediately!**

Please notify the office at 309-764-0008 if you have ANY questions. Usually a single explanation can resolve the situation

After 24 hours, gently rinse with warm salt water. **DO NOT USE** vigorous, mouth washing action. This action may dislodge the body's natural clotting process and re-open the area to bleeding.

DO NOT exercise, use physical force, or enter stressful situations for the first 72 hours or until the medication and natural healing process allows. This will increase your heart rate and thereby blood pressure. This too, has an adverse action on the body's natural healing process.

DO NOT operate heavy or hazardous equipment for the first 24 hours or until the medication and natural healing process allows.

Follow the additional instructions provided that are pertinent to the particular medications the doctor has prescribed for you.

SWELLING

Apply ice packs at 15 minute intervals to reduce the swelling. After 72 hours heat will relieve the swelling. Swelling is a part of the healing process and can be expected for 3 days to several weeks depending on the nature and extent of the surgery.

YOUR DIETARY NEEDS

DO NOT try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly bite yourself.

DO NOT use a straw when taking in liquids. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.

LIQUIDS

DO take in liquids immediately and prior to taking any pain medication. This will help prevent nausea, an upset stomach, and expedite the medication's effects.

AFTER SURGERY

A nutritious diet throughout your healing stage is most important to your comfort, temperament and healing. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important that you are aware that eating can prevent nausea sometimes associated with certain medications.

Milk, along with cooked cereals, scrambled eggs, cottage cheese and milk toast are recommended for the initial day following surgery.

Soups, broiled fish, stewed chicken, mashed potatoes and cooked vegetables can be added to your diet as your comfort indicates. Nutriment, Ensure, Sege and/or yogurt supply excellent added nutrition. These are especially indicated if other soft foods are not taken in. Please avoid acidic foods, such as tomatoes, orange juice and citrus foods, as they may cause discomfort.

ABOVE ALL, EAT A NUTRITIOUS DIET, WITH SOFT FOODS.

The following is a list of **General Post Operative Instructions** following surgery. A more complete set of instructions specific to the procedure performed for you will also be provided.

These general instructions are designed to minimize your post operative discomfort and inform you of situations which can and may arise.

DO rinse only lightly, for at least 48 hours

DO NOT rinse aggressively for 7 days following a bone graft surgery.

DO NOT over exercise (The heart rate will increase and thus bleeding will increase)

DO NOT SMOKE OR USE ORAL TOBACCO FOR 72 HOURS!

REMEMBER P.I.E.R.

P PRESSURE	LIGHT PRESSURE ON THE AREA IF BLEEDING
I ICE	COLD COMPRESSES ON THE AREA
E ELEVATION	ELEVATE YOUR HEAD WHENEVER YOU LIE DOWN. 2 - 3 PILLOWS IS SUFFICIENT
R REST	AND PLENTY OF IT!

Please notify the office at **309-764-0008** if you have **ANY** questions. Usually a single explanation can resolve the situation and free you from worry.