



GENERAL POST-OP INSTRUCTIONS

DIET Begin with clear liquids and advance to soft diet during the first 24 hours (soup, eggs, pasta, etc.). DO NOT drink through a straw for 3 days. AVOID milk productions until you're taking clear liquids without difficulty. AVOID crunchy foods (peanuts, popcorn, chips) for 1 week. Cold foods can help reduce swelling.

ACTIVITY Relax and take it easy for the first couple days. Avoid lifting, bending, or stooping. Although you will be awake and alert in recovery and when you go home, a small amount of sedatives will remain in your system on the day of your appointment and you may feel tired and sleepy for the remainder of the day. We advise that you have someone with you at home for a minimum of 6 hours and activity done with assistance from another individual. During the recovery period after IV anesthesia, you are at risk for accidents at home and you are responsible to plan for someone to be at your home to help you. DO NOT sign any legal documents, drive, or operate machinery for 24 hours following general anesthesia.

BLEEDING A certain amount of bleeding is expected following surgery. Leave gauze in your mouth for 20 minutes following surgery. If you have continued bleeding, place MOIST gauze over the socket and bite down for 60 minutes. Blood-tinged saliva is expected for 36 hours. A moist tea bag may be placed over the area and gentle pressure applied. If this is not slowing the bleeding, notify the office or our answer service.

SWELLING It will reach its peak in 2-3 days and decrease over time. To minimize this, **apply ice packs for the first day only**. 30 minutes on and 30 minutes off and KEEP HEAD ELEVATED as much as possible. The next day, moist heat can be used if needed.

THINGS THAT MAY OCCUR Sore teeth, earache and/or sore throat, bruising to outside of face, tightness of jaw muscles and dry/cracked lips. There will be an opening where the tooth was removed. This will fill in with new tissue. Do not disturb the blood clot; it's grayish or yellow appearance and slight odor does not indicate an infection. Keep your tongue away from the surgical area.

HYGIENE No rinsing or brushing around the surgical site for the first day, then rinse twice a day with salt water for 4 days. Stitches will fall out on their own in 5-10 days, unless your doctor re-appoints you to have them removed. Avoid smoking completely.

FEVER Elevated temperature for 24-48 hours is normal. Notify our office or answering service if your temperature is over 101F or 2 days in a row.

MEDICATIONS If you are given antibiotics, take them until the prescription is finished. Start pain meds 2-3 hours after surgery with some food, NOT on an empty stomach. DO NOT drink alcoholic beverages or take sedative/sleeping pills with the prescriptions and do not drive or operate machinery while taking narcotic medication.

CALL YOUR DOCTOR IF You have pain, swelling, redness at the IV site, nausea and vomiting, or numbness of the face, lips, or tongue that lasts more than 24 hours.

Refer to the FAQ on our website or contact the office at the number below if you have any questions or concerns.