

### Home Care Instructions after Surgery

Proper home care following your surgery will help assure your comfort and recovery.

**Anesthetics:** The length of time you experience numbness varies. While your mouth is numb, please be careful not to bite your cheek, lip or tongue. Please avoid hot liquids or foods until you regain feeling in the area. Numbness should subside within a few hours.

**Discomfort:** The general area may ache slightly over the next 3 to 5 days. Some tenderness is anticipated. Please take any pain medications as directed in order to minimize any discomfort.

**Rinsing & Oral Hygiene:** Please avoid brushing and flossing the surgical area for the next 2 to 3 days. Please use the Chlorhexidine (Peridex) mouth rinse that was prescribed to you for the next 7 days as directed.

**Sutures:** Sutures have been placed to hold the tissue together. We ask you NOT to inspect the surgical area for the next 48 hours to insure that the sutures are not dislodged. If advised, please return to our office for suture removal at your scheduled appointment.

**Smoking:** Do not smoke! If you smoke, we ask that you refrain from smoking for at least 4 days after surgery. Smoking significantly delays tissue healing.

**Eating:** Select soft bland food (soups, boiled eggs, custards, milk shakes, cooked cereal, applesauce, etc.) for the first 1 to 2 days following surgery, then slowly add non-starchy foods. Be sure to drink large amounts of fluid.

**Swelling & Ice Pack:** Please do not be alarmed if you experience some swelling or bruising. This is normal following a surgical procedure. We strongly recommend that you use an ice pack today. This will help to diminish post-operative swelling. Apply the ice pack to the outside of your face over the surgical area for 15 minutes and then leave it off for 15 minutes and then reapply the same way.

**Bleeding:** Mild bleeding is normal. Please avoid disturbing the surgical site by "feeling with your tongue", sucking or spitting as this may cause additional bleeding. If excessive bleeding continues, apply a moist tea bag with firm pressure to the area for 5 minutes. If bleeding still continues, please contact our office.

**Activity:** Avoid vigorous activity for the first 24 hours. Regular activity can be resumed after 24 hours.

**Caution:** Antibiotics, if prescribed, may interfere with the protective effect of birth control pills. If you are presently taking birth control pills, please use an alternative method of protection during this time.

Please return to our office for your next appointment scheduled on:

\_\_\_\_\_ at \_\_\_\_\_.

If you have any questions or concerns, please don't hesitate to call us. We enjoy taking care of you and thank you for allowing us to be a part of your dental care team.