



RED BARN DENTAL

Christopher Armento, D.M.D. | Lisa Indelicato, D.M.D.

POST OPERATIVE INSTRUCTIONS

BLEEDING: some bleeding following surgery is normal and to be expected. The saliva may be blood tinged for 24–48 hours. Remove gauze 1 hour after leaving the office. If bleeding persists, place a piece of rolled gauze (or a moist teabag wrapped in gauze) over surgical site and bite down with pressure for 30 minutes. The gauze should be bulky enough to prevent the upper and lower teeth from meeting when biting firmly. DO NOT RINSE YOUR MOUT AND DO NOT SPIT blood out. During this period lie quietly and keep your head elevated. Repeat if necessary. DO NOT EAT OR FALL ASLEEP WITH GAUZE IN YOUR MOUTH. If bleeding persists after proceeding as above, examine the surgical site for an extruded clot. This is a mass of dark colored rubbery material which projects from the surgical site and may extend along adjacent teeth. If this is present, remove all of it by wiping with a piece of dry gauze. Then rinse the mouth vigorously with warm water to remove any further remnant of the extruded clot. proceed again as in part 1.

PAIN: if pain is mild it can be controlled with an aspirin free product. If you have been given a prescription for relief of pain, use it as directed. Take the medication with some food and avoid alcohol.

SWELLING: Apply an ice bag to the OUTSIDE of the face in the area of surgery for 20 minutes per hour for the first 24 hours after surgery. DO NOT USE ICE LONGER THAN 24 HOURS AS HEALING MAY BE DELAYED. Swelling is not uncommon after 24–48 hours, and may last for several days. Discoloration (black and blue) of the skin of the face and neck may occur within 10 days following surgery and should be no cause for alarm.

RINSING: DO NOT RINSE MOUTH FOR 24 HOURS AFTER SURGERY. After this time use 1/2 teaspoon of salt in a glass of warm water and gently rinse 3–4 times a day after meals. Continue rinses for one week. Patients who have had impacted wisdom teeth removed should rinse for one month.

BRUSHING. Do not brush today. Resume brushing, flossing, etc... tomorrow. Avoid the surgical site for one week.

DIET: Soft and bland foods are advisable for the first 24 hours. Drink large amount of fluids (water, fruit juices, milk, etc). Let hot foods and drinks cool down first. DO NOT USE A STRAW due to the pulling action, drink out of glass or cup. If there is any nausea, cola drink or ginger ale are helpful.