



After Your Dental Procedure...

We are committed to providing the same quality of care following procedures that began during your initial visit. To that end, please refer to some general post-operative guidelines below, and by all means, **CALL** at any hour of any day to report any continuing problem.

CARE FOLLOWING ORAL SURGERY

1. Do not Rinse on the day of surgery. Day after surgery rinse very gently with warm salt water or a prescription oral rinse, as directed.
2. Bleeding can be controlled by applying pressure to the bleeding site with a moistened gauze or moistened tea bag for thirty minutes. Frequent expectoration (spitting) may prolong bleeding. Some redness of the saliva is normal the day of and the day following surgery.
3. Swelling can be kept to a minimum by holding ice packs on the face over the area of surgery for periods of twenty minutes on, ten minutes off, on the day of surgery. If you lay down, elevate your head with a pillow and avoid sleeping on the side of surgery.
4. Discomfort may occur for six to twelve hours following oral surgery. Take prescribed medication as directed, but do not drive or perform tasks requiring mental alertness while taking narcotic analgesics such as Hydrocodone (Lortab, Vicodin, etc) Over-the-counter non-steroidal anti-inflammatory analgesics such as Advil, etc, taken three tablets every six hours, provide good pain relief after the first several hours. Do not take Tylenol or any over the counter pain medication with the Hydrocodone without consulting your doctor first. Avoid taking prescription pain tablets on an empty stomach because this may cause stomach upset.
5. Infection is uncommon following oral surgery. However, if you have a fever, swelling or start to feel ill several days after the operation, please call the office. If an antibiotic has been prescribed, take as directed. Do not discontinue the antibiotic until all the pills are gone.
6. A Stent may be provided if you have had soft tissue grafts to prevent bleeding, swelling and protect the surgical site. It should not be removed for two days following surgery. After two days, the stent should be removed, cleaned, and worn as necessary for comfort, especially during meals. With the stent removed, the upper teeth should be brushed daily being careful not to touch the surgical site.
7. Oral Hygiene should be limited to areas of the mouth, which have not had surgery. Be careful not to disturb any surgical packing, sutures or grafts. In addition to gently brushing and flossing the teeth, it is advisable to brush the tongue.
8. The Diet should consist of plenty of cool, non carbonated fluids such as; water, fruit juices, and protein drinks. After two days, soft foods such as soup, jell-O, soft-boiled eggs, yogurt, etc. are well tolerated. Avoid foods that are very hot, spicy, difficult to chew or easily lodged in the gums. Do not drink from a straw.
9. Physical Activity such as talking, lifting, and walking up flight of stairs should be restricted during the first two day after surgery. Exercise is not recommended for a week because it frequently leads to complication such as bleeding, swelling, discomfort and delayed healing.
10. Do Not tamper with the surgical area, particularly during the first two days after surgery. Avoid alcoholic beverages and refrain from smoking.
11. Call the Office immediately, at (208) 667-8282 if you have an allergic reaction, excessive bleeding or swelling, nausea, vomiting or severe pain.

If you have any further questions please contact our office as soon as possible at (208) 667-8282.