



ESTHETIC **f**AMILY **D**ENTISTRY, LLC

"Where outstanding smiles are created"

POST-SURGICAL INSTRUCTIONS

Do not eat anything hot for 2-3 hours after the surgery. Small amounts of lukewarm soup, malts, and/or softer food should be taken with your medication to avoid nausea. After 4 hours, you can resume your normal diet. Avoid hard foods and eat on the other side of your mouth. Avoid carbonated beverages as they cause the sutures to dissolve early.

Take all of your antibiotic medication prescribed for you. Take the pain medication as directed. You can break the pain pill in half if you feel you do not need as much. Do not drive or operate machinery while taking pain medication. Please call if you have problems with any of the medications.

Swelling can range from minimal to extensive. Use ice packs 10-15 minutes on, and the off for the first 4 hours after surgery and as frequently as possible thereafter for the remainder of the day. When lying down, elevate your head. Before bed tonight, use ice for 20 minutes and if possible elevate your head for the night. This will help minimize the swelling. The following day, you can alternate cold and hot, if head is comfortable. Swelling may be there for 3-4 days.

Slight oozing of blood is normal for several hours. If bleeding is excessive, apply warm wet gauze to the area and apply steady pressure with your finger, or thumb, for 15-30 minutes. Do not continually press and release, look at the gauze or rinse/spit out as this encourages bleeding. Repeat if necessary. If bleeding continues, call Dr. Orban or the office. Do not rinse vigorously or drink through a straw for at least 24 hours.

If you have a protective dressing, you can gently brush the teeth showing through but not flossing in the area. Brush other areas normally. The dressing usually stays on for 5-7 days or longer. Bits and pieces may break off or come loose. If so, let it come off. Gently keep the area clean.

If you have uncontrollable bleeding, discomfort, rash, or question, please call Esthetic Family Dentistry during business hours at 719-528-5577, or call Dr. Orban directly at home: 719-495-9058 Cell: 719-332-9135.

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