

**POST SURGERY INSTRUCTIONS**

The following list deals with some of the concerns and questions that many patients have following their dental treatment. It also contains some suggestions that may shorten the recovery time and help minimize discomfort. As always, if you have any further questions or concerns, don't hesitate to call us.

**PAIN:** After an extraction or other types of surgery some discomfort is to be expected. However, this discomfort does not include severe pain. If this type of pain occurs, or if you are unable to sleep or rest, please call. If a pain medication was prescribed or an over-the-counter medication was suggested, please take the recommended dosage before the numbness "wears off". It is easier to keep the pain under control than it is to stop the pain after it has increased. Also, it is not normal to have an increase in pain, especially after 48 hours. If this occurs, it could indicate than an infection has developed. Please notify us immediately.

**BLEEDING:** In most cases, bleeding will stop within 15 to 20 minutes. However, some oozing from the surgical site may persist for several hours. Avoid disturbing the area, as this may cause bleeding. Should excessive bleeding occur, apply firm pressure to the area with a moistened gauze pad for 20 to 30 minutes. If bleeding persists, please call us.

**SWELLING:** It is normal for swelling to occur after most surgical procedures. To help retard swelling, apply ice packs over the jaw (20 minutes on, 20 minutes off) for several hours. Also, if it is comfortable, crushed ice may be held in the mouth. If swelling persists or becomes hard, tender and warm to the touch, please call, as this may indicate infection.

**ORAL HYGIENE:** Tomorrow, begin gentle rinsing with warm salt water solution (1/4 teaspoon table salt in an 8 ounce glass of warm water). Rinse three times per day for several days, especially after all meals. Brush your teeth, but avoid the site of surgery. Do not use any mouth rinses for 72 hours as they may irritate the soft tissue. Clean all the remaining teeth with a soft toothbrush.

**DIET:** Avoid eating or drinking until the anesthesia has worn off. Then, soft, nutritious foods should be eaten until you can chew without difficulty. Examples are: juices, milk, pureed vegetables and chopped meats, soups, custards, gelatin, ice cream, yogurt and applesauce. Do not use straws to drink liquids, as suction may start bleeding again or affect healing. You should not drink carbonated or alcoholic beverages.

Smokers are advised not to smoke for at least 72 hours after surgery. Smoking delays healing and may cause bleeding to start again.

Again, if you have any questions, please call.

**CALL THE OFFICE FIRST at 970.493.9116**

**Dr. Brewer's Cell 763.258.6883**