



GENERAL INFORMATION:

You may expect some swelling after dental surgery. Fair-skinned people or those who bruise easily may anticipate some discoloration of the skin in the area. Any discomfort you have should be controlled with medication and not be severe.

INSTRUCTIONS FOR HOME CARE:

- Bite with pressure on the gauze pack that has been placed over the area to prevent and slow bleeding. Pressure will stop the bleeding.
- If bleeding continues (without slowing) for several hours, apply a tea bag wrapped in gauze and apply pressure. Tannic acid in tea will control bleeding.
- If profuse bleeding is still occurring after 3-4 hours and the above measures have been taken, call the office.
- If you develop a fever, please call the office.
- Rinse with warm salt water after 24 hours. Do not swish — hold water in the surgery area.
- Follow additional instructions provided by the doctor that are pertinent to the particular medications that have been prescribed for you.
- If you find that your regular diet is too difficult, follow a high protein liquid diet for two or three days.
- Apply ice packs at 10-15-minute intervals to reduce swelling. Swelling is part of the healing process and can be expected for 3 days to several weeks depending on the nature and extent of the surgery.

DO NOT'S:

1. Do not try to eat solid foods until the local anesthetic wears off. You may unknowingly bite yourself. You may take in liquids after one hour and should do so before taking any pain medication. This will help prevent nausea.
2. Do not rinse for at least 24 hours
3. Do not over exercise. The heartbeat will be increased and can cause bleeding to increase

REMEMBER RIPE:

R= REST

I= ICE

P=PRESSURE

E=ELEVATE

Take Tylenol 500mg 1 tablet with Ibuprofen 200mg 3 tablets together every 6 hours as needed.