

Dental Arts of CHERRY HILLS

Practice Limited To Prosthodontics

ORAL SURGERY POST OPERATIVE INSTRUCTIONS

As with any surgical procedure, post operative care is very important to the healing of the involved tissue. Some post operative discomfort is to be expected but it should diminish after three days. Swelling may occur near the involved area but should decrease gradually in two to four days. After the first day, swelling and discomfort should not become worse. There is usually some bleeding following the surgery that could last up to two to three days.

Please follow these instructions:

1. Leave gauze in place for at least 30 minutes. If bleeding continues, replace it with gauze and keep pressure on it for another 30 minutes.
2. Place an ice pack or cold towel to your face for 6 to 12 hours to reduce swelling.
3. If swelling is present after 12 hours, place warm towels or a heating pad on your face.
4. **DO NOT** rinse your mouth until the following morning. You may dislodge the blood clot and delay normal healing.
5. In the morning, rinse mouth gently with warm salt water (1/2 teaspoon salt in 8 oz. of water). Repeat 3 to 4 times daily for 2 to 3 days.
6. Continue normal care of the other teeth and gums except in the area of the operation.
7. Diet: soft foods for the first 24 to 48 hours. Drink plenty of liquids. Avoid hot and spicy foods. Avoid drinking from a straw.
8. Take medications as directed.
9. Do not hesitate to contact the office if problems develop.

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MODIFIED DIET SUGGESTION

Soups
Scrambled eggs/Soft boiled
Grits
Cream of Wheat / Oatmeal
Cottage Cheese
Yogurt
Jello / Pudding
Mashed potatoes
Pasta
Rice
Applesauce / Fruit Cups
Fish
Ice Cream
Pancakes
Smoothies / Protein Drinks
Shredded Chicken
Hamburger patty

* As a general rule... If you can not cut it with a fork, DO NOT eat it!