
What should I expect to experience bleeding after surgery?

You may experience some bleeding. Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure. Rest and avoidance of strenuous activities for the remainder of the day is essential for keeping blood pressure lower and reducing bleeding and improving healing.

Will I have any pain?

Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.

What medications should I take?

We suggest you take two Tylenol, Nuprin, Advil, or similar non-aspirin pain reliever every 3 to 4 hours until bedtime to maintain comfort. Begin to take these pain medications before the anesthesia wears off. If any additional pain medication is prescribed, take it as you need it. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach and nausea. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications. You may also rinse with a saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) held in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable. If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months. You may also be instructed to use a prescription antimicrobial mouthrinse.

Is swelling normal?

Some swelling and discoloration of the lip and/or cheek may occur and may last for a few days. Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.

What else can I expect to feel?

There may be a temporary loss of feeling in the gums in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures.

May I eat?

Yes! Eat soft foods for the first 2 - 4 days. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw. Avoid alcohol for 48 hours. Avoid chewing directly over the operated area until the sutures are removed. Brush all of your teeth after each meal but please avoid the operated area for the first day. Take care to avoid pulling on the sutures. Do not rinse vigorously or use a Waterpik®.

My sinus was involved - do I have more instructions?

If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might

be recommended. Avoid lifting the lip with your fingers to look at the area. It is possible to accidentally tear the sutures, open the incision, and delay healing.

May I smoke?

Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body.

When should I call the office?

Please call your dentist if you are experiencing:

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially rash, itching, or breathing problems

If you have questions or concerns, please call the office so we may address them on a case-by-case basis.

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