

## Post-Operative Directions

Rinsing and Brushing: **Do not rinse for 24 hours** after surgery. Rinsing disturbs the blood clot and causes bleeding. After 24 hours you may rinse the surgical site gently and continue to do so until healed. Do not brush or floss the surgical area until the following morning. For **Periodontal (Gum) Surgery Patients** who have had oral bandage (pack) placed **Do Not** rinse, brush or floss the area about the pack until the pack is removed by the doctor .

Bleeding: Most bleeding problems occur due to rinsing, eating or drinking either too soon or too vigorously after surgery. If you do begin to bleed, do not rinse; apply a gauze pad (or a damp tea bag) to the wound and either bite firmly or apply firm finger pressure for one-half hour straight. Remember, your saliva mixed with blood makes it appear you are bleeding more heavily than you really are.

**Pain:** Usually post-operative pain from surgical procedure is mild to moderate. If pain does occur, take a regular dose of Advil (Ibuprofen) or Tylenol as needed. If a more potent drug for pain management is required, a prescription will be supplied. As with any surgical procedure, **do** expect the surgical site to be sore for some period of time as the wound heals. If the area becomes swollen and/or painful, please contact the office for a follow up visit.

Eating, Drinking and Smoking: After the local anesthetic wears off you may eat and drink. However, be sensible. Very hot and spicy foods, vinegar and orange juice and hard foods (crusty Italian bread), should be avoided for the first day. Smoking retards wound healing, therefore, no smoking.

Sutures: If sutures have been placed they may break, unravel and/ or fall out. Do not be concerned if this happens since the mouth is wet and in constant motion.