

# Post Surgery Instructions



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## 1. Discomfort

Some discomfort, unfortunately, is normal and should be anticipated. The best way to minimize this discomfort is to use the prescription analgesic, if one was given, or over-the-counter pain relief medication. Do not wait for discomfort to start prior to taking the medication. It is advisable to use an analgesic for at least the following 2-3 days, even if you prefer to use over the counter medication. If you have an intravenous anesthetic, do not operate an automobile, hazardous machinery, or drink alcoholic beverages for at least 24 hours following the procedure. The same considerations apply to your use of prescription narcotic analgesics.

## 2. Bleeding

A certain amount of bleeding is to be expected following your surgery, blood tinged saliva is normal for approximately 36 hours afterwards. In order to avoid recurrent bleeding, it is very important not to disrupt the newly forming clot. Do not rinse, spit, smoke, or drink through a straw for the first 24 hours.

If bleeding does occur, relax, wipe out the excess blood clot and place a gauze pad or moist tea bag over the bleeding site. Bite firmly for 30-45 minutes while relaxing in a semi-reclining (do not lie flat) position. It may be necessary to repeat the process several times. If you feel unable to control the bleeding, please call the office.

## 3. Swelling

Some swelling is to be anticipated. With more involved procedures the swelling will be greater. To help minimize swelling, apply an ice pack over the involved area (15 minutes on –15 minute off) for the first 12 to 24 hours. Beginning the second post-operative day it is better to apply heat in a similar manner. It is not unusual for the swelling to peak about 36 hours following surgery and then subside gradually.

## 4. Diet

Adequate daily intake of calories and fluids is essential for an optimum rapid recovery. A liquid or soft diet is advocated for the first day or two, and can be advanced to normal as tolerated. It is important to drink fluids, and stay away from hot foods and beverages for the first 24 hours in order to minimize bleeding.

## 5. Oral Hygiene

Keeping your mouth clean will greatly reduce complications. Begin frequent oral rinses 24 hours following surgery. It is best to use either a warm salt water solution (1/2 teaspoon of salt in 1 cup of warm water), or a mouthwash and water solution in a 1:3 ratio. Rinse at least 5 to 6 times daily, particularly after meals and before bed. On the second post-operative day, you may begin to brush your teeth in the areas away from the wounds. If bleeding begins, discontinue rinsing and return to instructions for **Bleeding** in item 2 above.

## 6. Bone Fragments

During the healing process it is not unusual for small, sharp fragments of bone to loosen and work through the gum. These fragments, which are not roots, usually work their way out of their own accord. If they are overly annoying, please call the office and arrange for the doctor to evaluate them.

