

Post Operative Instructions Following your Surgery

INSTRUCTIONS FOR ERUPTED(NON-IMPACTED)TEETH

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1. Bite on gauze for 1/2 hour.
2. Keep fingers and tongue away from the operated area.
3. **Do not** rinse your mouth until the following day, although it is permissible to drink cool or lukewarm liquids. **Smoking should be avoided.**
4. Starting tomorrow, rinse your mouth frequently with a solution of salt in a glass or warm water. Continue the rinses for a few days.
5. If you have any discomfort, take whatever you normally take for a headache, every four hours (or as directed by manufacturer). If necessary the doctor will prescribe stronger medication for you.
6. **Diet-** Cold or lukewarm liquids may be taken for the first 4-6 hours. After this, any soft food is permissible.
7. **Bleeding-** It is normal for the saliva to be streaked with blood for a day. If frank bleeding is present, fold sterile gauze into a square and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a tea bag. The tannic acid in tea has a clotting effect.
8. **Swelling** and Discolouration-is to be expected in certain areas, usually reaching its maximum two days after surgery. It will disappear gradually and is no cause for concern. If desired, ice packs may be applied for the first 4-6 hours only(a frozen bag of peas can substitute for ice packs) alternating 20 minutes on, 20 minutes off.
9. Do not hesitate to call the office if in doubt.