



FOUR SEASONS DENTAL & MED SPA

The *WrightSmile*™ Changes Lives

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Post Surgery Home Care Instructions

General – After any surgical procedure performed in the mouth, one can expect **some** bleeding, **some** swelling, **some** discomfort. Those occurrences will be minimized if these instructions are followed carefully.

Swelling – Apply an ice pack to the face at the surgical area for 15 minutes, then remove it for 15 minutes; (not longer than 20 min.). Repeat this cycle for at least the next two hours, although it can be continued longer through the evening (except when sleeping). This will minimize swelling.

Bleeding – Bleeding may seem to occur through the rest of the day/night. Before getting concerned, remember that the mouth and its wounds are constantly washed by saliva. What may appear to be excessive blood loss is more likely to be a lot of saliva tinged with a small amount of blood. If *active* bleeding occurs after the first hour, place a rolled tissue or gauze, or a Lipton teabag over the bleeding area. Keep firm, constant pressure on the area for at least 15 minutes. If it continues, call the office. Bleeding is minimized by not spitting, talking or rinsing. Place a bath towel or plastic bag over the pillow, as drooling is likely while sleeping.

Pain Medication - If you do not have medical interferences, over the counter medication should relieve your discomfort. Ibuprofen (i.e. Advil, Motrin) 600-800 mg every 6 hours usually will provide sufficient pain and swelling relief. Another good pain reliever (not for swelling) is acetaminophen (Tylenol). Be sure to take this medication with food. If you experience more intense pain, a stronger medication may be prescribed.

Antibiotics - Antibiotics may be prescribed for infection. All of this medication should be taken as directed unless an allergic reaction develops. If there are signs of an allergic reaction (i.e. rash, itching, unusual swelling), stop taking the medication immediately and call the office. If the reaction is severe (i.e. difficulty breathing), go to the nearest Emergency Room.

Alcohol - No alcoholic beverages should be consumed while taking these medications.

Oral Hygiene – Do not brush the teeth in the surgical area until the stitches are removed. Continue to brush and floss as usual outside the surgical area.

Rinsing – For 24 hours, do not rinse your mouth. On the next day you can gently rinse with a glass of warm water mixed with 1 teaspoon of salt. You can do this every 3-4 hours especially after meals.

Food - During the first 2 days, a light soft diet with plenty of liquids is recommended, but avoid hot liquids or foods. Examples include cereals, milk shakes, ice cream, mashed potatoes, pasta and fish. Chew food on the opposite side of the surgical area. Be sure to drink plenty of water (8 glasses/day). Adequate nutrition aids in healing.

Rest - Sleep works wonders for the body, so take it easy for the rest of the day. Go to bed earlier than usual with your **head slightly elevated**.

Stitches – If stitches are used, the stitches are usually dissolvable and should disappear in 1-2 weeks. If indicated, they may be removed earlier at your follow up visit.

Bandage – If a bandage has been placed, it may tend to break loose, or pieces may break off, as the week progresses.

Bone Chips - During healing, you may notice small bone fragments working their way through the gums. We can easily remove them if they are too annoying.