



465 SPRING ROAD • ELMHURST, IL 60126  
PH: (630) 530-4710 • F: (630) 530-4724

## POST OPERATIVE CARE

5151 MOCHEL DRIVE, SUITE 300 • DOWNERS GROVE, IL 60515  
PH: (630) 796-0700 • F: (630) 796-0702

**PAIN** – As with any surgical procedures, some degree of discomfort is to be expected.

1. Have the prescription that was given to you filled and take the medication as directed.
2. Take all your prescribed medications as usual.
3. If you feel you will not need a prescribed medication, take Tylenol Extra Strength, or any non-aspirin medication for pain. Do not take any medication on an empty stomach.
4. Maintain a high fluid intake, especially water.

**BLEEDING** – Some oozing from the surgical site is normal. Do not rinse your mouth until the day after surgery to enhance formation of a blood clot. If excessive bleeding occurs, call our office immediately.

1. No spitting for 24 hours.
2. Do not drink anything through a straw. It applies negative pressure.
3. Use warm salt water rinses two to three times a day, beginning the day after surgery.

**SWELLING** – Some swelling is to be expected. This will generally peak at 2 - 5 days after surgery, and will subside afterwards.

1. Apply ice to affected facial area, 20 minutes on, 20 minutes off, immediately after surgery until bedtime.
2. Smoking retards healing. No smoking for at least 24 hours.
3. No excessive bending or vigorous exercise for 48 hours.
4. No hard or crunchy foods on treated side until post op.

**PERIODONTAL DRESSING** – The material placed around your teeth is periodontal dressing and has been placed there to protect the wound area. It should not be disturbed.

1. Do not brush surgical area for two weeks. You should brush the remaining teeth as usual.