

## After Surgery Instructions

To **prevent bleeding**, bite on your gauze for the next 2 hours. Pressure is one of the best ways to stop bleeding. If it is still bleeding, replace the gauze with a new one for another ½ hour. If it still will not stop after 2-3 hours, wrap a damp tea bag with a piece of gauze and bite on it for ½ hour. The tannic acid in the tea is a strong clotting factor. If you run out of gauze, try to use a Kleenex. A little blood mixed with a lot of saliva looks like much more bleeding than is really occurring. A protective cover over your pillowcase tonight could prevent staining.

**The clot is your bandage.** To keep it in place:

- Don't smoke or suck through a straw for the next 2-3 days.
- Try not to eat or drink anything very hot or spicy today.
- Don't rinse today. Starting tomorrow, rinse with warm salty water (1/2 tsp. In 8 oz. Water) as needed until your mouth feels comfortable.
- Avoid mouthwashes and carbonated beverages. They can destroy the clot.

**Eat anything you want**, but, on the other side of your mouth. The better you eat, the faster you will heal. If eating is a problem, use a meal replacement like Carnation Instant breakfast. Drink lots of liquids, of course, avoid alcohol. Start brushing your teeth around the area tonight.

**For pain** – take 3-4 (200mg.) ibuprofen tablets as soon as you get home, unless otherwise advised by your physician, or if you are allergic to it. If you need anything else, please call Dr. Chopra. Parents of children younger than 16, please check with us on the dosage.

**Swelling** – Some swelling can occur after surgery. Use ice packs 10 minutes on and 10 minutes off for a total of 20 minutes each hour for the first 6 hours. If swelling increases after the first 2-3 days, please call us.

**Chips** – Sometimes, small bony fragments may work their way to the surface during healing. Usually they come right out, if one bothers you, please call us so that we can remove it.

**Exercise** – Don't do any heavy exercising today, or lift heavy objects today.

**Special for parents** – Because of the anesthetic, the tongue and lips will be numb for a while. Help your child avoid chewing on them. It will hurt more later on. Call us if anything unusual happens.

**Home Care** – Brush and floss carefully around the area. Brush your tongue to reduce after surgery bad breath and taste. Don't use tartar control toothpaste for 1 week.

**Please call us** –

- If you have more than just soreness that your pain medication won't control
- Moderate or severe bleeding after several hours

In case of emergency, after hours, please call Dr. Chopra at home at 513-755-7246