
Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.

What to expect following surgery:

- Bleeding: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.
- Pain: Moderate discomfort may be noticed when the anesthetic first wears off and may continue for several days.
- Swelling: Some swelling and discoloration of the lip and/or cheek may occur and may last for a few days.
- Sensation: There may be a temporary loss of feeling in the gums in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures.

What to do following surgery:

- After leaving the office, rest and avoid strenuous activities for 24 hours. Keeping blood pressure lower will reduce bleeding and aid healing.
- **Begin taking pain medication before the numbing wears completely off. Over the counter pain medications** for headaches (Ibuprofen, Advil, Aleve, Excedrin, or Tylenol) taken as directed will relieve discomfort.
- If pain medication is prescribed, take it as you need it. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. **Do not drink alcohol while taking prescription pain medications.**
- Nausea is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food and taking the pill with a large glass of water.
- Applying an ice bag on the side of the face where you had your procedure done will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this for the first day.
- Eat soft foods for the first 2 - 4 days. Maintain a good, balanced diet. Drink plenty of water. **Do not drink through a straw. Avoid alcohol for 48 hours.**
- Avoid chewing directly over the operated area until the sutures are removed.
- Brush all of your teeth after each meal. Avoid the operated area for the first day. Take care to avoid pulling the sutures.
- **Do not rinse vigorously**
- **Do not use a Waterpik®.**

If you have any questions or concerns, please don't hesitate to call our office: (918)266-6470