

CENTER 4 SMILES

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POST-OPERATIVE INSTRUCTIONS

ANTIBIOTICS-Continue taking until you finish the prescription.

PAIN MEDICATION-If prescribed, take 1 tablet every 6 hours as needed for pain.

PERIDEX-If Prescribed-Starting the day after the surgery, Swab with ½ ounce twice a day (i.e-Soak a cotton ball or Q-tip) clean the surgical area AM and PM

TRANEXAMIC ACID-if prescribed (To control bleeding): Soak gauze with liquid and apply to surgical area for 10 minutes 3-4 times a day for the first 48 hours or if bleeding persist.

COLD PACKS: Apply to face where surgery was performed in 10-minute intervals for the first 24 hours following procedure.

EXCESSIVE BLEEDING: Bloodstains in the saliva will occur for the next 24 hours due to oozing of blood from the site. If heavy bleeding occurs, apply significant finger pressure with a gauze against the surgical site for 2 minutes, then leave alone for 30 seconds, and repeat one more time. You may also warm a tea bag and place it over the surgical site applying pressure by biting for 2 minutes and again repeat after 30 seconds. **IF BLEEDING PERSISTS, CALL THE OFFICE DURING BUSINESS HOURS OR THE DOCTORS CELL AFTER HOURS.**

DIET-Do not eat until the numbness subsides. Drink plenty of fluids and eat a semi soft diet for the first 48 hours. Cold drinks and foods are best for healing, **DO NOT USE STRAWS, EAT SPICY FOOD, HOT TEMPERATURE FOOD OR OVERLY SEASONED FOODS.**

ORAL HYGIENE: *Do not* brush the surgical site for 1 week. Brush all other areas of your mouth as you normally would. *Do not forget to Swab with Peridex as prescribed.*

SUTURES: In most cases sutures will be placed after surgery. Be sure to **keep your tongue** away from them! It is common for the sutures to eventually become loose or even fall out on their own. There should only be a concern if bleeding persists.

Avoid Smoking and Alcoholic Beverages-NO Exercise and/or heavy lifting for 72 hours

In case of an Emergency After Hours contact your treating dentist by calling the office and obtaining the Emergency contact numbers.