

HOME CARE

1. **Avoid smoking and alcohol consumption during recovery.**
2. **Bleeding.** Change the gauze every 30 minutes for the first couple of hours. Lots of pressure will slow the bleeding faster. Bleeding typically lasts 1-2 hours but some bleeding and oozing can occur up to 24-48 hours. When resting it's best to keep your head elevated slightly. If you notice bleeding, bite firmly on gauze for 15 minutes. If bleeding does not subside, call for further instructions.
3. **Swelling.** The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes, and side of face is common. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following of the surgery and will not reach its maximum until two to three days post-operatively. Swelling may be minimized by the immediate use of ice packs (20 minutes on and 20 minutes off). After 36 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery.
4. **Oral Hygiene.** Good oral hygiene is essential to good healing. You can brush your teeth the night of surgery. Be gentle initially when brushing the surgical areas. The day following surgery, if prescribed, use the Chlorhexidine Oral Rinse twice daily (after breakfast and before bed) for one week. Be sure to LIGHTLY rinse for at least 30 seconds, **DO NOT** swish vigorously or spit. Warm salt-water rinses should be used four to five times a day especially after meals. **BRUSH YOUR TEETH TWICE DAILY.**
5. **Socket Rinse. Start Using 7 days AFTER extractions.**
 - Fill the syringe with warm salt water.
 - Gently rinse lower sockets after each meal and before bed.
 - Continue until the tip of the syringe no longer fits into extraction sites.
6. **Soft Food Diet.** For 1-2 days following surgery, we recommend a soft food diet. After each meal rinse gently as directed in #3. Returning to your regular diet will help with your recovery. Here are a few ideas of foods you can eat: Smoothies (w/o seeds), mashed potatoes, scrambled eggs, instant breakfast, yogurt, pudding, Jell-O, soup, apple sauce, popsicles, ice cream, nutritional drinks. The quicker you return to a regular diet the quicker you will recover. Avoid straws for 7 days.
7. **Pain.** Refer to your prescription for directions, get medications started as soon as possible. We recommend setting a reminder in your phone.
8. **Antibiotics.** If you have been prescribed antibiotics, take as directed. Discontinue use in the event of a rash or other unfavorable reaction. Call the office if you have any questions.
9. **Sutures.** The sutures we use will dissolve in 2-7 days. If they dissolve earlier or later than that please don't worry, they are only necessary for the first 24 hours. Some patients may not require sutures.