

Some degree of pain and swelling are considered normal. Skin discolorations may also be experienced. Maximum swelling will occur between 2-3 days after the procedure. It is important that these instructions are followed to allow uncomplicated and rapid healing.

Day 1:

1. A small amount of bleeding is to be expected following the operation. Place a gauze pad between your cheek and the tooth and maintain the pressure. Replace every 30 minutes as needed. Expect some oozing for the first 24 hours
2. Apply an ice pack to face over the operated area 20 minutes on and 20 minutes off until bedtime in order to keep the swelling to a minimum. A bag of frozen peas placed in Ziploc bags works well
3. Do not raise your lip with your fingers to inspect the treated area. The operated area should be uninterrupted to facilitate healing
4. Rest for the entire day
5. Only COLD liquids are allowed. Avoid hot liquids for the first 48 hours
6. Refrain from brushing and rinsing
7. Refrain from smoking for 12 hours
8. Elevate your head on a few pillows while sleeping to keep swelling to a minimum
9. Take medications as prescribed. The prescribed pain medicine may make you groggy and may slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages

Day 2-7:

1. Discontinue the applications of ice to the face
2. Begin to rinse the treated area with warm saltwater 5-8 times daily. Use about ½ teaspoon of salt to 8 oz. of warm water. Make sure you soak the area each time for about 5 minutes
3. Brushing your teeth is allowed EXCEPT for the area that was treated surgically. You may also rinse your mouth after brushing and after meals to keep the surgical area clean
4. Get plenty of rest and insure normal intake of food, especially liquids such as fruit juices, soups and milk.
5. Resume exercise after the third day
6. Take medications as prescribed. Pain or discomfort following surgery should subside more and more every day. If the pain does not begin to subside in 2-3 days, or increases after 3 days, please call our office.
7. If sutures are placed, we will see you in our office in 5-7 days to follow and remove the sutures

Should any difficulties or questions arise, do not hesitate to text or call our office (281) 961-0961