



POST-SURGICAL CARE INSTRUCTIONS

1. DO NOT RINSE THE MOUTH TODAY.

Tomorrow, rinse the mouth gently every 3-4 hours using a solution of ¼ teaspoon salt to 8 ounces of warm water. Continue for several days.

2. BLEEDING

Following surgery some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over the surgical site and bite down firmly for 30 minutes. Repeat if necessary.

If there is still significant bleeding place a dampened tea bag (regular non-herbal type) in a gauze or paper towel and bite firmly for five minutes.

3. SWELLING

An ice pack should be applied to the operated area. Hold in place for 15 minutes and the rest for 15 minutes. Alternated as needed.

4. PAIN

For mild to moderate pain use an over the counter pain reliever such as Ibuprofen (Advil) or Acetaminophen (Tylenol). Avoid aspirin for several days unless otherwise instructed by your physician.

5. FOOD

A light diet of soft foods is advisable for the first 24 hours. Please avoid acidic and spicy foods as they may irritate the surgical site. Also, avoid foods with small seeds or particles for one week post surgery.

6. NO TOBACCO OR ALCOHOL FOR 2 DAYS

7. SHARP OR BONY EDGES

Small sharp bone fragments may work through the gums during healing. If uncomfortable, please call our office for evaluation/removal.

8. FEVER

If you are experiencing an elevated temperature of 100 degrees or higher, please call Dr. Horutz or your primary health care provider immediately.

If any unusual symptoms occur call Dr. Horutz immediately @ (207) 772-1205. The proper care following oral surgery procedures will speed recovery and prevent complications.