



## POST-OPERATIVE CARE INSTRUCTIONS

### **BLEEDING:**

To slow and prevent bleeding, bite with light pressure on a gauze pack or regular tea bag that has been placed over the surgical site. Tannic acid in tea assists in clotting. Pressure should be applied in 30-minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process. If active bleeding is still occurring after 3-4 hours, call Dr. Nhu! 24 hours after the surgery, if bleeding has been controlled, gently rinse with warm salt water.

### **SWELLING:**

You may expect some swelling after your dental surgery, regardless of how minimally invasive. Swelling is a part of the natural healing process and may last several weeks in rare instances. Swelling depends on the nature and extent of your surgery. Fair skinned or those who bruise easily may anticipate some discoloration of the skin in the area surrounding the surgical procedure site and down the front of the neck.

Apply ice packs at fifteen-minute intervals to reduce swelling and take the prescribed medications on schedule. After 3 days, use heat if swelling is still present. Heat increases circulation and aids in the healing process.

### **DO NOT:**

- Rinse or spit vigorously! This may dislodge the body's natural clotting processes and reopen the area to bleeding.
- Use a straw when drinking. The sucking action will cause a vacuum in the mouth that may dislodge blood clots and impair healing. Dry sockets can occur, especially when lower teeth are extracted.
- Exercise, use physical force, or enter stressful situations for the first 24 hours or until the medication and process allows. This will increase your heart rate and blood pressure. It also has an adverse reaction on the body's natural healing processes.
- Operate heavy machinery or hazardous equipment for the first 24 hours or until the prescribed medication and natural healing processes allow.

### **DIET:**

DO NOT try to eat solid foods until the local anesthetic has completely worn off, which may take up to 12 hours. Due to numbness, you will have no way of distinguishing your normal tissues (tongue, cheeks, etc.) and can severely damage your soft tissues from chewing while numb.

A nutritious and complete diet is crucial throughout your healing process for maintaining comfort, temperament, and healing. Hungry people become irritable and less able to deal with discomfort. Since you will be taking medication, it is important that you are aware that eating can prevent nausea sometimes associated with certain medications.

Start eating soft foods that do not have to be chewed for the first 24 hours and gradually work up to a solid diet. Milk, cooked cereals, scrambled eggs, cottage cheese, milk toast, and ice cream are recommended for the first 24 hours. Soups, broiled fish, stewed chicken, mashed potatoes, and well-cooked vegetables can be added to your diet as your comfort allows. Yogurt and Ensure supply excellent supplemental nutrition and should be used as snacks between meals for the first week after your surgery.

Please call my office during regular office hours or reach me after regular hours should you experience any of the following:

- ◆ Active, bright red, bleeding that continues after 3-4 hours of applied pressure to the surgical site
- ◆ Pain or swelling increases after the third day
- ◆ Maintaining a nutritious diet after 48 hours is difficult or impossible
- ◆ Numbness persisting after the initial day of surgery
- ◆ Sutures loosen prior to the third day
- ◆ Implant becomes loose
- ◆ Implant fractures
- ◆ Symptoms associated with reaction to medication: Skin rash, hives, elevated temperature, increased or erratic heart rate, nausea/vomiting, dizziness, fainting, or blurred vision
- ◆ Body temperature, measured orally, exceeds 100.5 degrees F.

Please notify my office if you have any questions or if any of the above applies to you. Most often, a simple explanation can resolve the situation and reduce your concern.