

POST-OPERATIVE INSTRUCTIONS

What to expect:

EATING: You may eat or chew anything that is comfortable, remembering to avoid the surgical area. If necessary, eat soft or semi-soft foods such as cottage cheese, soft-cooked eggs, casseroles, milk shakes, etc. It is very important that you stay nourished. Avoid eating crunchy, hot (temperature), and spicy foods and do not create any suction pressure in your mouth (i.e. sucking on straws, cigarettes, etc.)

MEDICATIONS: It is important that you take all the prescribed medications given to you by your doctor as you were instructed.

SUTURE MATERIAL (STITCHES): Do not try to look at the area worked on. The sutures used are connected to your gum tissue, which is connected to your lip. Pulling on your lip can cause problems with healing or with the sutures. We will remove any sutures in your mouth at one of your follow-up appointments, usually within 14 days. Some of the sutures may come out or dissolve before we see you. Avoid any sucking, spitting or smoking as these actions can cause increased bleeding, loss of sutures and complications with healing. If you have a dressing (putty band-aid): it is best if this stays on until your next appointment, but if it falls off do not worry. Normal healing will still occur.

BLEEDING: It is not uncommon to experience some bleeding following your procedure. Typically, a small amount of blood will “ooze” for the next day or so, much like if you had a cut elsewhere. This many times mixes with your saliva and makes it appear that there is more blood than there actually is. Should you have more bleeding than expected, hold firm pressure to the area constantly with gauze for 15 minutes without removing the pressure. This will help the blood to clot and stop the bleeding.

SWELLING/BRUISING: This can occur following your procedure. The best action to avoid or reduce the amount of swelling and/or bruising is to hold an ice pack on your skin (not in your mouth) to the area where we worked today. Gently hold pressure for 15 minutes, then remove the pressure for 15 minutes and repeat for the next two days as much as possible. It is also recommended that you sleep with an extra pillow under your head to keep your head elevated.

BRUSHING AND RINSING: Do not chew, brush, or floss in the area that was worked on. Clean the rest of your mouth as usual. It is important to keep the surgical area clean and thus promoting the healing by rinsing with the prescription mouth rinse, Peridex or chlorhexidine gluconate- to use twice a day morning and night. DO NOT swish vigorously!

DISCOMFORT: Some discomfort is common, but should diminish over the next few days. To help with the pain, we recommend:

- Take 600mg (3 pills) of ibuprofen (Advil for example) every 6 hours.
- For pain that is more severe, take Advil → 3hrs → Vicodin → 3hrs → Advil → 3hrs → Vicodin etc.

- Make sure to not drive, operate hazardous equipment, or drink alcohol when taking narcotic pain medication.

TODAY: REST! Eat a soft meal. Rinse your mouth lightly. Take the prescribed pain medications if needed, especially before bedtime.

TOMORROW: You may feel tired. Restrict yourself to moderate activity with no heavy lifting or exertion over the next five days, while you are healing. Take ibuprofen (Advil) for inflammation even though discomfort may be mild. Eat soft foods, Brush and rinse gently, but do not brush the surgery area. Be gentle and careful of the surgery area. Do not floss until the stitches have been removed.

TWO WEEKS: You may be experiencing hot and cold sensitivity of your teeth. If so, try using a toothpaste specifically formulated for sensitive teeth, which, may be found at your local drugstore. Use daily, brushing carefully those areas that are sensitive.

If you have any questions or concerns, please feel free to contact Dr. Schmalz.

During Office Hours:

Weekday evenings and weekends: 651-261-3644