



LINCOLN DENTAL CARE
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INSTRUCTIONS FOLLOWING ORAL SURGERY

Taking proper care of your surgical site will have a great impact on how well you will heal.

- 1. BLEEDING CONTROL:** Remove the gauze pack one hour after surgery. You may change the packing when it becomes soggy with new gauze. Slight bleeding is expected and desirable. If the area bleeds excessively, or bleeds the day after surgery, bite on new packing for 30 minutes. If you cannot control the bleeding, **call our office. DO NOT SPIT, DRINK THROUGH A STRAW OR RINSE YOUR MOUTH**, as this will draw out even more blood.
- 2. SWELLING CONTROL:** As you leave the office, and when you arrive home, use a cold pack on your face next to the surgical site to keep down the swelling (use ice cubes in "Zip-Loc" bags wrapped in a wash cloth). Keep the cold pack on for 10 minutes then off for 10 minutes. Repeat this sequence for 2-4 hours. The swelling, if any, will be present for about 2 days after the surgery and then subside. **After 24 hours, apply warm moist heat to reduce swelling and/or remove discoloration.** If the swelling becomes severe and/or you feel feverish, call the office.
- 3.** Drink plenty of cool fluids (water, fruit juice or soda). **Avoid** hot foods and drinks for at least one full day.
- 4. Avoid** smoking for at least 12 hours and alcoholic beverages for at least 2 full days. Both of these items are best avoided altogether, as they interfere with blood clotting and healing.
- 5.** Please limit your physical activities following surgery. **Do not** clean the house, mow the lawn, jog, do aerobics, play tennis, etc. for at least 3 days after surgery. You should be able to go to work (light physical activity only!) in a day or two. **Remember**, your body should be spending most of its energy healing.
- 6.** Try to take it easy and get a lot of rest the day of surgery. Keep your head slightly elevated by relaxing in a chair, or using an extra pillow on your bed or couch.
- 7.** You may experience pain in the surgical area today and tonight, and possibly longer. To minimize the discomfort, take your medications as directed. If the pain becomes severe, or persists, please call the office.
- 8.** You will probably have slight bleeding and a pink color to your saliva the rest of today. Holding small amounts of ice water in your mouth will usually stop any slight oozing. However, if there is excessive bleeding today, or continued bleeding the day after surgery, call the office.

9. Take all of the medications given or prescribed for you as directed. They have been given for very important reasons. The only type of medication that you do not have to take all of is the pain medicine. Take that only if needed, as explained above. Take all of the medicines with food, unless otherwise stated.

10. You may eat most foods, but common sense suggests that you eat softer foods, take smaller bites, and **DO NOT CHEW WHERE YOU HAD THE SURGERY. Avoid** hard foods that require heavy pressure for chewing. **Avoid** highly seasoned foods. **Avoid** sharp foods such as nuts, popcorn and potato chips. Food supplements, such as Metrecal, Nutrament, Sego, Ensure, SlimFast and Instant Breakfast may be helpful. **HOWEVER**, a strictly liquid diet should not be required after the first day or two.

11. Starting the day **after** surgery, brush and floss your teeth as usual. **DO NOT** brush or floss the surgical site. Rinsing, when you wake up, after eating and at bedtime, with warm salt water, Listerine or a prescription mouthwash will help to clean the treated area. To make the salt water, mix 1 teaspoon of salt with $\frac{1}{2}$ glass of very warm tap water. **DO NOT** use water hot enough to burn your mouth.

12. If you are given special instructions, please refer to them for care of the surgical site.

DIETARY INSTRUCTIONS

It is most important that you maintain a nutritious diet during the weeks of healing. This should make you feel better, have less discomfort and heal faster. The foods listed below are planned to provide you with adequate vitamins and minerals. Foods containing tomatoes, onions, peppers or spices of any kind may be irritating and may need to be avoided.

Breakfast

(A blender may be used to liquefy food)

Apple juice, orange juice, milk, hot chocolate, ovaltine, tea, coffee or postum. Stewed fruit, prunes, or similar fruits should be well mashed or sieved. Cooked cereals such as oatmeal or cream of wheat. Eggs: soft boiled, scrambled, poached or soft fried. Soft, crustless breads. Donuts softened in milk or other drink. Liquid supplements as stated above.

Lunch & Dinner

Home cooked broth, bouillon, and soups. Ground beef or chicken. Bakes or broiled fish 9 or fried with crust removed). Chicken noodle soup, macaroni and cheese, pasta and sauce. All foods for breakfast. Mashed or boiled vegetables. Cheeses. Jell-O, pudding. Soft cakes.

REMEMBER

If you are having trouble or wish to have a specific question answered, **call the office day or night!**