

AFTER CARE INSTRUCTIONS



**After reading, if for any reason you are concerned about your condition, notify your doctor right away.*

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Dentists' Home Numbers

Dr. Jim Zenk
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Dr. Keith Olson
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Dr. Ashley Jo Patton
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BLEEDING	Normal oozing may occur for about 24 hours following surgery and is controlled by firm biting pressure on gauze pads placed over the socket. Keep gauze pads in mouth for 30 minutes following surgery. If slight bleeding persists use a new gauze and apply pressure for 1 hour. If bleeding is brisk and fills the mouth quickly call your doctor.
SWELLING	Swelling and sometime bruising is common after surgery. The maximum swelling and jaw stiffness normally occurs 2-4 days after surgery. The use of cold packs immediately following surgery (5 minutes on, 5 minutes off) along with keeping your head elevated will minimize swelling. Moist heat after 36 hours may help jaw soreness.
PAIN	The greatest amount of discomfort is in the first 6-8 hours after surgery. If you were prescribed pain medication, follow the directions exactly. Never take pain medications on an empty stomach. If you were not prescribed a pain medication, we recommend (for adults) to take 3 tabs (600mg) of Ibuprofen (Advil, Motrin, generic) every 6 hours if having pain. If you cannot take Ibuprofen, contact the doctor to discuss an alternative. If itching or a rash develops, stop taking the prescribed medication and contact your doctor.
MUSCLE SORENESS	Jaw soreness is very common after dental surgery. Heat or ice applied to the areas 4 times a day will reduce soreness. Typically cold packs are used for relief of "quick onset" soreness. Apply cold pack to the area for no more than 5 minutes at a time. Heat packs (wet a wash cloth with warm water, microwave for 30-40 seconds, remove and wrap around a bottle filled with warm water) are applied to more "chronic" or long lasting sore areas. Use what feels best.
INFECTION	If discomfort worsens after the 3rd day following surgery along with a fever, difficulty swallowing, and/or visible swelling, contact your doctor immediately.
DIET	Eat a pain free diet. Eat soft foods (i.e. eggs, soups, noodles) after the bleeding has been controlled and the gauze has been removed. Hard foods like rice, nuts, and chips should be avoided. Avoid using straws. Resume a normal diet in 3-5 days or as tolerated.
GENERAL MOUTH CARE	Absolutely no smoking or vigorous rinsing for 24 hours following surgery. The day after surgery start to gently rinse with a glass of warm water mixed with 1 tablespoon of salt 5-6 times per day for at least a week. Brush and floss normally avoiding the surgical site. Dry and cracked lips or corners of your mouth should be kept moist with a lip ointment.