

## **Bleeding**

Some bleeding or redness is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.

## **Swelling**

Swelling of the gums is a normal occurrence after surgery. Ice packs and pressure can help minimize inflammation. 20 minutes on, 20 minutes off for the first 24-36 hours; as often as you are able, can dramatically reduce the amount of inflammation.

## **Diet**

You should consider a soft, room temperature diet for the first 1-2 days. Generally, hot and/or spicy foods will irritate the area. You can return to a normal diet as soon as you are comfortable.

## **Pain**

We recommend you take some over-the-counter pain medication before the local anesthetic wears off. Alternating Tylenol (Acetaminophen) and Advil (Ibuprofen) every 3-4 hours can be more effective for moderate pain than taking just one or the other.

Example: 12:00pm 400-600mg Ibuprofen; 4:00 regular strength Tylenol; 8:0pm 400-600mg Ibuprofen

Do not take any of the above medication if you are allergic, or have been instructed by your doctor not to take it.

## **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection.

## **Oral Hygiene**

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex (Chlorhexidine) Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Gentle rinsing with warm salt water can be done, especially after meals. Be gentle initially with brushing the surgical areas.

## **Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising.