

## Post-Operative Instructions for Expose & Bonding

### ACTIVITY

- Rest as much as possible for the next 24 hours. Avoid strenuous activity for 4 days.
- Avoid lying flat for the remainder of the day. Sleep with your head elevated for the next 4 days.
- If you received IV sedation, do NOT drive, operate heavy machinery, use power tools, or sign legal documents for 24 hours.

### BLEEDING

- Gauze packs are placed over the surgical site(s) to help control bleeding.
- After 45 minutes, remove the gauze and check the site(s). If bleeding continues, replace the gauze and apply firm pressure directly over the site(s).
- Continue checking every hour. If bleeding has stopped, you do not need to insert more gauze.
- Some mild oozing is normal for the first 24 hours, and you may notice some bloody saliva for the next several days.

### STITCHES & SURGICAL PACKING

- Stitches may be present and will dissolve on their own within 7 to 14 days. Avoid picking or pulling at them. If they cause discomfort, contact our office.
- Surgical packing may have been placed to help keep the tooth/teeth exposed. Do not disturb the site. If the packing falls out on its own, do not be alarmed.
- Non-dissolvable stitches may be used to hold the chain to your braces for your orthodontist. If the chain comes loose, call our office immediately.

### SWELLING

- Swelling is expected and will peak on days 2 and 3, then gradually improve.
- Use an ice pack as much as possible for the next 24 hours, alternating 30 minutes on, 10 minutes off. Do not ice while sleeping. After 36 hours, switch to moist heat to help with healing.

### PAIN MANAGEMENT

- Pain may increase over the next few days, with peak discomfort on days 2 and 3.
- Take Ibuprofen or Acetaminophen within 2-3 hours after surgery and continue every 6 hours for the next 3-4 days to manage pain and swelling.
- For severe pain, take the narcotic pain medication between doses of Ibuprofen/Acetaminophen—do not take them together to avoid nausea. Alternate the narcotic and Ibuprofen/Acetaminophen every 3 hours.
- Always take medication with food to prevent nausea.
- Do not drive or operate machinery while taking narcotic pain medication.

### DIET

- Eat cold & soft foods on the day of surgery (pudding, yogurt, applesauce, milkshakes, etc.). Maintain a soft diet for the next several days. Boost, Ensure, or Carnation Instant Breakfast are great options for maintaining energy and nutrition.
- Avoid hot foods and drinks for 24 hours, as they may aggravate bleeding and burn your numb mouth. Avoid hard, crunchy foods (nuts, seeds, popcorn) for the first week.
- Drink plenty of fluids to stay hydrated.
- Do not smoke.
- Avoid alcohol for 24 hours after surgery or while taking pain medication.

### ORAL HYGIENE

- Do not rinse or brush your teeth today.
- Starting tomorrow, gently rinse with the prescribed antibacterial mouth rinse 3-4 times a day for one week.
- Gently brush your teeth, avoiding the surgical area, unless otherwise instructed by your doctor.
- Starting one week after surgery, use the curved-tip syringe provided, filling it with warm salt water to flush/rinse the surgical site(s) after eating.
- Do not vigorously rinse, swish, or spit for one week.

### IMPORTANT

- If prescribed an **antibiotic**, take it as directed **until completed**.

**For any concerns, contact our office at: (708) 942-8154**