

# Dental Surgery Post-Operative Instructions

**Bleeding.** Bleeding is expected and may last for 24 hours. Extra gauze will be provided in your post-op bag. If necessary, change and reposition the gauze over the surgical site. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in water, squeezed damp-dry and wrapped in moist gauze) for 10 -20 minutes. Remove the gauze while you eat and sleep. Once the bleeding has stopped you may discontinue the use of gauze.

**Swelling and Bruising.** Most oral surgery is accompanied by some degree of discomfort. Both swelling and bruising are common. The use of an ice pack is recommended in 20 minute intervals the day of surgery. It is not unusual if you wake with more swelling the day after surgery. Resting with the head elevated helps to minimize swelling. After 24 hours you may discontinue the use of an ice pack. Instead, a warm compress should be applied to areas of swelling and/or bruising in 20 minute intervals.

**Medications & Diet.** Take all medications as prescribed. It is very important antibiotics are taken until the entire prescription is finished. Soft foods are best within the first 48 hours however, you will need to remain on a soft diet if you have any sutures. Ensuring you stay hydrated and properly nourishing your body is vital to the healing process.

**Smoking.** Smoking will slow healing tremendously, increasing your risk of both infection and treatment failure. We strongly advise against smoking.

**Post-Operative Visits.** If you have been given an appointment for post-operative care, please return to the office as scheduled. If you are experiencing problems or have questions, we are here for you. Please contact our office immediately @706-863-5337. If it is outside normal office hours, Dr. Bullard's cell phone number is on our voicemail.

**Your safety is our number one concern, so please contact our office @ 706-863-5337 with any questions. If it is after normal business hours, Dr. Bullard's cell number is on our office voicemail.**

**Please do not hesitate to call.**