

Bee Dental Care

POST OPERATIVE INSTRUCTIONS



NO SMOKING



NO SPITTING



NO ALCOHOL



NO STRAWS or CARBONATED DRINKS

NONE OF THE ABOVE ACTIVITIES FOR THE NEXT 5 DAYS

30 MIN. AFTER SURGERY:

- Bite on gauze for 30-45 minutes. Mild oozing or bleeding is to be expected following oral surgery for 12-48 hours.
- The gauze may be gently removed after 30 to 45 minutes, and it may then be changed if bleeding or oozing continues
- You may begin gentle rinsing starting 2-4 hours after surgery
- Do not suck on anything or drink through straws for the next 5 days.



To control swelling, place ice packs on the side of the face. Ice can be used through the 3rd post-operative day.

- Swelling is not uncommon and may take several days to heal.



Teeth should be given their usual care, be gentle in the area of the surgery.

45 MIN. AFTER SURGERY:

- Take the first pain-relieving pill before the anesthetic has worn off, that will help to manage and prevent pain.
- Remove gauze & check for bleeding/oozing.



If still bleeding, place another piece of gauze or a damp tea bag on area & bite firmly for at least 30 minutes to an hour.

- May need gauze packs placed over surgery site(s) for up to two (2) hours.
- Lie down & keep head elevated until bleeding stops.
- Slight draining may persist for up to 48 hours.
- Gentle salt water rinses may begin and Peridex rinses may be used as directed.
- Discomfort may follow as the anesthetic wears off.



Eat cool, soft foods and liquids and maintain a high intake of fluids while healing. Avoid anything hot or chewy. Gradually return to your normal diet when comfortable, usually in 5-7 days.



STRICTLY follow the directions given with any medications
**No driving or operating heavy machinery should be attempted while taking pain medication.

24 HRS AFTER SURGERY:

- Rinse 5 to 10 times daily gently with warm salt water (1 tsp. salt per glass of warm water) for 1 week, especially after eating.

3 DAYS AFTER SURGERY:

- Starting on Day 3, fill irrigation syringe with salt water and/or Peridex and rinse area as directed. Tip of syringe may go into the opened site gently. Continue to irrigate sites in between meals until sites are closed. Sites may take a few weeks to close.
- Observe for dissolving stitches which may become loose.

POSSIBLE SIDE EFFECTS

- If you experience nausea; it may be due to the pain medication. Consider taking ½ dose of pain medicine. You can also take your medication with food and/or Mylanta to help reduce nausea.

*****BIRTH CONTROL PILLS MAY NOT BE EFFECTIVE WHILE TAKING ANTIBIOTICS*****

If pain or swelling occurs after the area has apparently healed or should any conditions arise that appear unusual, please feel free to contact us during regular business hours, or you may contact Dr. Nguyen directly afterhours.

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