



Dentistry for the Individual

POST OPERATIVE INSTRUCTIONS

BLEEDING

CHANGE THE GAUZE EVERY HALF (1/2) HOUR UNTIL THE BLEEDING STOPS AND THE GAUZE IS LIGHT PINK.

DO NOT RINSE YOUR MOUTH TODAY

YOU MAY RINSE YOUR MOUTH GENTLY WITH SALTWATER ONLY IF YOU ARE COMPLETELY SURE THAT THE BLEEDING HAS STOPPED.

SWELLING

YOU MAY USE AN ICE BAG APPLIED TO AREA IF NECESSARY BUT DO NOT EXCEED THIRTY MINUTES OF USE AT ONE TIME. APPLY FOR THIRTY MINUTES ON AND THEN WAIT THIRTY MINUTES BEFORE THE NEXT APPLICATION OF THE ICE PACK.

DISCOMFORT

FOR MILD TO AVERAGE DISCOMFORT, USE ANY NON-ASPIRIN TYPE MEDICATION. OUR RECOMMENDATION IS TO TAKE ONE TYLENOL WITH TWO ADVIL EVERY 3-4 HOURS FOR RELIEF OF PAIN. IF THE PAIN IS INTENSE, USE THE PRESCRIPTION PROVIDED OR CALL DR. MILLER ON HIS PAGER (270-2885).

FOOD

YOU MAY EAT SOFT FOOD OR A LIQUID DIET DURING THE FIRST TWENTY-FOUR HOURS (AS LONG AS THE BLEEDING HAS STOPPED).
DO NOT USE A STRAW. NO CARBONATED BEVERAGES.

SMOKING

DO NOT SMOKE FOR A MINIMUM OF 24 HOURS, 48 HOURS IS BETTER

**IN CASE OF ANY UNUSAL SYMPTOMS, PLEASE CALL THE OFFICE
AT 299-2979**