1. **Swelling**

Swelling is a normal response to surgery. This can be minimized by applying ice packs to your face, 15 minutes on and 15 minutes off for about six hours after your surgery. Do not be alarmed if the swelling is worse the second or third day than the first day after your surgery. This is quite normal under the circumstances. Usually the swelling and associated pressure peak by day three or day four. After that the swelling and pressure decrease over the next few days.

For older individual bruising is not uncommon. Don't be alarmed if you notice black, blue, or green color to the cheek or neck area. This color can appear around day two and last up to eight to ten days.

2. **Bleeding**

You may experience bleeding during the first 12 hours. Don't be concerned if saliva appears slightly red. If bleeding continues or is profuse, apply pressure with gauze (in take-home packet) directly to the surgical area.

If the surgery was on an upper back tooth the doctor may have told you that the sinus area was involved. Blood can clot and then drain from the sinus through the nose or back of the throat several days after your surgery. If your sinus area was involved in the surgery try to gently blow your nose for the first week following surgery to avoid starting a nose bleed.

3. **Discomfort**

You may experience pain. Take medication for pain as directed starting with the first indications of discomfort. Don't wait until pain becomes intense. Discontinue if pain ceases. In most cases the doctor will prescribe a narcotic pain medication for you.

4. **Antibiotics**

If an antibiotic has been prescribed, take as directed until all of the medication has been taken. If you have a reaction to the medication discontinue and call the office.

5. **Rinsing**

Don't rinse for the first six hours. Thereafter rinse with warm salt water (one teaspoon to a glass of warm water) at least 3 times per day for the first week, or use the prescribed rinse (i.e.Peridex).

6. **Sutures**

Do not be alarmed if during the healing process some of the sutures become dislodged. We mostly use dissolvable sutures designed to come out on their own after a few days. You may experience some, all, or none of the above. In any event, here are some additional suggestions which, if followed, will make you more comfortable.

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| --- | --- |
| bullet | **Keep fluid intake high for the first 24 hours.** |
| bullet | **Eat an adequate but soft diet and take liquids every few hours.** |
| **bullet** | **Avoid pretzels and chips as they may break the stitches.** |
| **bullet** | **Brush teeth normally, but do not brush teeth in the area of the surgery until the second day and then only lightly.** |
| **bullet** | **Discontinue the use of a Water Pik or other rinsing devise for the first week.** |
| **bullet** | **Do not lift your lip to examine the area.** |
| **bullet** | **Repeated irritations may pull the sutures out.** |

**You have had a surgical procedure and you should expect to have some discomfort. The discomfort will be minimized if you remember to:**

|  |  |
| --- | --- |
| bullet | **Apply ice pack as soon as possible and continue for 6-8 hr's.** |
| bullet | **Take medication as directed** |
| bullet | **Eat an adequate diet** |
| bullet | **Maximize fluid intake** |

***REMEMBER WE ARE ON CALL 24 HOURS A DAY.***

***FEEL FREE TO CALL ON US AT* *ANY TIME FOR ADVICE OR HELP.***

***IT IS OUR DESIRE TO HAVE YOU AS COMFORTABLE AS POSSIBLE DURING THE HEALING PERIOD.***

**610-995-0109 or 610-917-9984**