

## POST-OPERATIVE INSTRUCTIONS

TO INSURE RAPID HEALING AND TO AVOID COMPLICATIONS THAT COULD BE BOTH HARMFUL AND PAINFUL TO YOU, PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY

- **BLEEDING**

To prevent unnecessary bleeding, maintain gentle pressure over the sockets by biting on gauze placed over the surgical site. You have been given a supply of gauze pads. If more is required, they are readily available in drugstore stores. A tea bag that has been moistened and wrapped in a piece of gauze is also very effective for persistent bleeding.

This gauze pressure pack should be continued for 2 to 3 hours or until most of the bleeding has stopped. Change the packs every 15 to 30 minutes or when necessary. It is not unusual to have some oozing for up to 24 to 36 hours. Remember to sleep with a towel laid over your pillow when resting to prevent staining. Also note that oozing is when your saliva is tinged orange to red in color, and that "bleeding" is a constant drip, much like a nose bleed. Oozing is normal, while bleeding for longer than 3 to 4 hours is not. If you are concerned, give Dr. Koczarski a call ASAP.

- **REST**

Rest today and keep your head slightly elevated. Do not engage in physical activity since this promotes bleeding, **DO NOT USE A STRAW to drink or SMOKE during the first 3 to 5 days following surgery to avoid complications.** Smoking causes a delay in the healing process and can increase post-operative bleeding and soreness.

---

# KOCZARSKI

*Aesthetic & Laser Dentistry*

---

- **MEDICATIONS**

Unless you already have your medications, pick it up immediately and take as directed. Take the pain medication when you first feel discomfort. Remember that it is much easier to keep pain away with use of analgesics (pain meds); and it is much harder to make pain go away once it is there. So take pain meds before it hurts.

- **EATING**

It is important to get adequate nutrition after surgery to help in the healing process. Juices and a soft diet are a great start. Begin chewing solid foods when you are able to do so without any discomfort. When teeth are removed, the jaw bone is weaker for 5 to 6 weeks.

- **ICE PACKS**

To limit swelling and pain, ice packs should be applied on the sides of your face adjacent to surgical sites. Apply for periods of 20 minutes on and 5-10 minutes off until bedtime. Swelling should be noticeably down by 48 hours. In the event of bruising, frequent heat and massage will expedite its resolution.

- **RINSING AND BRUSHING**

Do not rinse vigorously for the first 24 hours. After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8oz. of warm water) every few hours and after all meals beginning on day two.

- **COMPLICATIONS**

If you suspect any problems with the normal course of healing, do not hesitate to call immediately. Sometimes patients develop such things as ALLERGIES to medications (generalized rash, itching, etc.), INFECTIONS (foul taste, unusual or prolonged swelling, fever), or DRY SOCKETS (throbbing pain occurring 3-7 days following the procedure). These and other potential problems are treatable if brought to our attention. PLEASE do not hesitate to call your doctor at any time.