

EXPOSE AND BOND
POST OP
INSTRUCTIONS

- PACKING:** Keep gauze packs in place for an hour or until soaked, applying **firm pressure**, and then discard. Replace only if bleeding continues. Biting on a tea bag may help bleeding.
- RINSING:** Gently rinse with Listerine, or warm salt water (1/3 teaspoon of salt to an 8oz glass of warm water) starting the day after surgery. Rinse a **minimum** of five times each day.
- BRUSHING:** Brush before surgery. Following surgery, do not brush until the day after the procedure. Then cleanse the surgical areas three times a day with a soft toothbrush or cotton swab.
- FLUIDS:** Clear liquids should be taken in sufficient quantity the first day to prevent dehydration and nausea. This includes water, tea, soft drinks, Gatorade, and juices.
- DIET:** Eat soft foods or full liquids for the first day, and then advance your diet as tolerated. For example, your diet the first day should consist of pudding, Jell-O, soup or applesauce followed on the second day by a diet as tolerated. As a rule, cold is better than hot, and bland is better than spicy.
- PAIN:** Take pain medicine as directed on the bottle and, if possible, with something in your stomach. Pain from the surgery should gradually diminish over several days. Absolutely no alcohol should be consumed when taking prescription medications.
- NAUSEA:** Medications given during surgery or afterwards for pain can cause nausea or vomiting. During the first 24 hours post op, it is important for you to rest and stay in a semi-reclined position. If you become nauseated, stop taking your prescription pain medication and take plain Tylenol, Advil, or aspirin. Take only clear liquids until nausea clears. Contact the office if nausea persists.
- FEVER:** It is normal to have a mild fever postoperatively. If your temperature rises above 101°, call the office.
- SMOKING:** **Do not smoke** for at least the first 24 hours. Smoking is the primary cause of infections and slow healing.
- BLEEDING:** It is normal to have a pinkish tinge to the saliva for up to 24 hours after surgery.
- EXERCISE:** No heavy exertion for two days, then light exercise can be started, increasing as tolerated.
- PROBLEMS:** Should you have a problem or question post operatively, call 303-431-0033 or 303-727-8595. These numbers are answered 24 hours a day and provide instructions on how to contact the doctor on call. On a weekend or holiday, the doctor answering your call may not be from Arvada Oral Surgery or South Lakewood Oral Surgery.

(Post op instructions expose and bond 0606)