

Lexington Dental Care

Post-visit instructions

Bleeding

Bleeding after surgery may continue for several hours. Apply pressure with a moist gauze pad placed directly on the bleeding wound for 30-60 minutes to control bleeding. Pink or blood-tinged saliva may be seen for 2-3 days following the procedure and does not indicate a problem

Swelling

Swelling is a normal occurrence after surgery. The swelling will not become apparent until the day following surgery and reaches its maximum 2-3 days following surgery. To minimize swelling, apply an ice pack to the outside of the face over the area of surgery 20 minutes on and 20 minutes off while awake for the first 24 hours.

Diet

Drink plenty of fluids and eat soft foods on the day of surgery. While numb, patients should avoid hot liquids and foods. Patients may have applesauce, pudding or Jello. After numbness subsides patients can progress to solid foods, chewing away from the surgical sites.

Pain

You should begin taking pain medication while still numb. For moderate pain, 1 or 2 Ibuprofen (Advil, Motrin) may be taken every 4 hours. Tylenol or Extra Strength Tylenol may be taken instead of Ibuprofen. Ibuprofen, over the counter is 200 mg. Two to three tablets of Ibuprofen may be taken every 4 hours as needed for pain unless contraindicated due to medication (ie. coumadin). For severe pain, the prescribed medication should be taken as directed.

Oral Hygiene

Mouth cleanliness is essential to good healing. Make sure to clean your mouth thoroughly after each meal. You may rinse with plain water or salt water 2-3 times a day.

Activity

Keep physical activities to a minimum immediately following procedure. After the first 48 hours, you may resume activity as tolerated.

If your treatment requires a specimen sent for a pathological examination, you will be asked to return for a follow-up appointment to discuss the results with your doctor. Biopsy results will typically be available 7-10 days following the procedure.

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Foods to Eat and Drink While Numb

Drink:

Water

Juice

Ice Chips

Popsicles

Eat:

Applesauce

Jell-O

Pudding

Yogurt –

Milkshake (no straw)

Soft Foods When Numbness is Gone:

Mashed Potatoes

Pasta

Eggs

Pancakes

Creamed Cereals

Soups (be careful-not too hot)

Increase Diet as Tolerated

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