



DENTISTRY / ORAL SURGERY

These instructions will help you take care of yourself at home.



DIET

DO: Drink cool, clear liquids at home. Advance to cool, soft foods.

DO NOT: Drink soda or bubbly drinks. Drink/eat hot food or fluid. Use a straw or bottle with a nipple.



ACTIVITIES

Keep your head elevated. Rest today and tomorrow. Children must be supervised closely to prevent accidental injury. Adults should not smoke, drive or operate equipment.

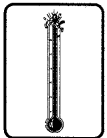


SPECIAL CARE NEEDED

For swelling: Apply ice packs to face for 15 minutes on, then 15 minutes off, during the first 48 hours after surgery. This swelling may increase for up to 2-3 days.

For Bleeding: Bite on wet gauze or clean wet cloth, holding pressure on the bleeding area for 20 minutes or more.

Mouth Care: The morning after surgery start mouth rinses. Use lukewarm water with a pinch of salt and rinse 3-4 times a day. Start with gentle tooth brushing on the day after your surgery.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath