

## Post Op Instructions

Dr. Benjamin White DDS



**BLEEDING.** Bleeding is normal for approximately 24 hours after surgery. If persistent bleeding occurs, place tightly folded gauze pads over bleeding area and bite down firmly for 2-4 hours. If excessive bleeding does not stop, please call our office for further recommendations. Please be advised, slight saliva mixed with blood can be misconstrued as excessive bleeding. (Remember to place your blood soaked gauze in a ziplock bag and dispose in the trash as soon as it is removed from mouth, this will help reduce any cross contamination in your home.)

**PAIN.** Discomfort is normal after surgery. Take pain medication as directed by the Doctor.

**SWELLING.** Swelling may occur immediately after surgery. To minimize or prevent swelling, as soon as possible after surgery, place an ice bag or crushed ice wrapped in a towel surrounding surgical area for one-half hour on and one-half hour off. Continue for 4-5 hours.

**DO NOT RINSE MOUTH OR BRUSH AREA** for 24 hours after surgery. After 24 hours, rinse mouth 4-5 times daily for 60 seconds with mouth rinse. (Crest ProHealth or warm salt water rinse.)

**PRESCRIPTION MEDICATIONS.** Follow the directions for your prescription medications very carefully. Antibiotics should be taken as directed, and not based on how you may feel. Painkillers need only be taken for pain; they do not otherwise aid your healing in any way.

**DO NOT SMOKE OR CHEW TOBACCO UNDER ANY CIRCUMSTANCES FOR 48 HOURS.**

**DO NOT PERFORM ANY STRENUOUS ACTIVITIES FOR 48 HOURS AFTER SURGERY.**

**IF A DENTURE IS PLACED IN MOUTH FOLLOWING SURGERY, DO NOT REMOVE IT FOR 24 HOURS UNLESS SPECIFIED BY THE DOCTOR.** Do not use any denture adhesive (cream, gel, strips or powder) to secure the temporary denture for three (3) weeks until the gums are healed.

**SUTURES.** If sutures are placed, they will dissolve in 7-10 days. **DO NOT** pull, cut or bite them. If they are irritating your tongue or mouth, please contact the office to make an appointment to have them removed.

**BONY EDGES.** Small sharp bony fragments may work their way up out of the gums during the healing process. If you have any problem in this area, just call our office at your convenience and our doctor will evaluate the area.

**DIET. PLEASE REFRAIN FROM EATING EXCESSIVE HOT FOODS.** Maintain a soft warm diet for approximately 48 hours. Also, please do not drink carbonated beverages for 24 hours.

**NO SUCTION IN THE MOUTH** (i.e., straws, smoking, spitting).

ANY COMPLICATIONS DURING OUR NON-BUSINESS HOURS, PLEASE CALL OUR EMERGENCY NUMBER AT: (850) 361-8840 AND LEAVE A MESSAGE.

If you have an emergency that involves uncontrollable bleeding, loss of consciousness, difficulty breathing or uncontrollable swelling please call 911 or go to the emergency room immediately.

Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_