

# **Post Surgical Instructions**

**Davidson Family Dental**

**208 - 667-5447**

**509 w. Hanley Ave. Ste. 201, Coeur d'Alene, ID 83814**

1. Use ice packs externally for 15 minutes on, then 15 minutes off for the first 24 hours following surgery. Ice packs are not needed while eating or sleeping.
2. If gauze pads have been placed over the surgical sites, these should be changed every 20-30 minutes until the bleeding stops. Biting down firmly will help the bleeding to stop quicker. Oozing is not uncommon for 8-10 hours following surgery. Remove the gauze to eat, and then replace with new ones when you are finished. Do not go to sleep with gauze in. Remove the gauze and place a towel over your pillow.
3. It is important to keep your body well nourished to help the healing process. Eat cold, soft foods the day of surgery (milkshakes, ice cream, jello, pudding, yogurt, etc.) Switch to warm soft foods for the next 5 days (scrambled eggs, soup, oatmeal, ect.) and then return to your normal diet.
4. Keeping your mouth free of bacteria will also help the healing process. Continue gently brushing your teeth after each meal, even on the day of surgery. Use a moist Q-tip instead of a toothbrush near the surgical areas.
5. The day after surgery, begin rinsing with warm salt water after each meal, in addition to brushing your teeth. Use 1 tsp. salt in 8 oz. of warm water. Take a mouthful of the salt water and tip your head to the left for 20 seconds and then to the right for 20 seconds – no vigorous swishing. Repeat until the water is gone.
6. Pain medication, if needed, should be taken 45 minutes after eating. Start off taking just one pill; you can take a second one 45 minutes later if you feel you need and the first one has not upset your stomach.
7. No alcohol while taking pain medications. No carbonated beverages for one week.
8. Rest is desirable for two to three days.
9. Swelling usually peaks around the third day after surgery.
10. No smoking or spitting or drinking through a straw for one week.
11. Do not drive, use dangerous machinery, or make important decisions while taking the pain medication.