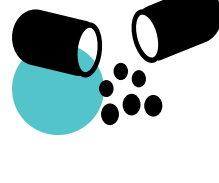


Journey

Pre-operative DO's and DONT's

Wear comfortable, loose-fitting clothing



Inform us if you are taking any medicine.

Cleanse your mouth and teeth prior to your appointment.



Refrain from smoking, as tobacco has a negative impact on oral health

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Expected Discomfort

Post-Operative DO's and DONT's

Bleeding



Bleeding after surgery may continue for several hours. The best way to stop bleeding is to fold 2 pieces of damp gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site.

Fainting Precaution



If you suddenly sit or stand from a lying position you may become dizzy, especially if you have not eaten or have had limited fluids. Therefore, immediately following procedure, if you are lying down, make sure to sit for at least one full minute before standing.

Dry Socket

If a dry socket occurs (loss of blood clot from a socket) there is constant pain that may radiate to other areas including ear, jaw, and teeth. Symptoms of a dry socket do not typically occur until the 5th to 7th day after the procedure.

To help prevent a dry socket avoid vigorous rinsing, sucking on the wound, spitting, using a straw, smoking and exercising for 2-3 days after procedure.

Swelling

Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours.



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Personal Care

Post-Operative DO's and DONT's

Clean your mouth thoroughly after each meal beginning the day after surgery. Do not rinse your mouth the day of surgery.



For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated.

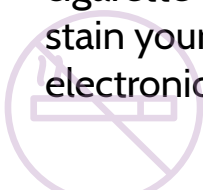


Sutures will resorb or fall out on their own. It is normal for a suture to come out on the day of surgery. If bleeding occurs because the sutures have fallen out, bite on gauze to apply pressure as described on the first pag.

If an antibiotic is prescribed, take the tablets or liquid as directed. Take the entire prescription until gone. Antibiotics will be given to help prevent infection.



No Smoking for 48 hours, smoking a cigarette within the first 48 Hours will stain your teeth. Moderate use of electronic cigarettes is OK.



If an antibiotic is prescribed, do not consume alcohol.



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Meal Plan

Post-Operative What to Eat & Drink

Eatable

Things to eat while numb:

Applesauce

Pudding

Yogurt

Soft Foods When Numbness is Gone

Mashed Potatoes

Pasta

Eggs

Pancakes

Creamed Cereals

Soups (be careful-not too hot)



Drinkable

Things to drink while numb:

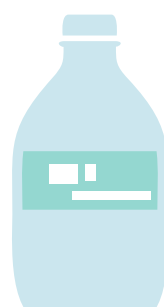
Water

Juice

Ice Chips

Popsicles

Milkshake



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