

POST OPERATIVE SURGICAL INSTRUCTIONS

In all cases, when you have been dismissed bleeding has been controlled or stopped, either by pressure(gauze), or by sutures(stiches), you can expect moderate pain and if you haven't been given a prescription for pain medication you may take either 2 Extra strength Tylenol, or 2-3 Advils(Motrin) max 600mg every 6 hours.

DO'S

- * Bite down firmly on the gauze in your mouth for 45-60 mins without replacing the gauze.
- * If you have bleeding after this time, fold up another 1 or 2 pieces of gauze and bite for another 45 minutes.
- * If bleeding continues, take a tea bag, run it under cold water, squeeze out any excess water and bite on the tea bag.
- * If you still have bleeding or are worried call the office.
- * If you have been instructed to apply ice, apply it to the area 15 min on and 15 min off, and only for the first 12-24 hours(frozen peas usually work best)
- * If you were given pain medication take the medication before the anaesthesia wears off.
- * If you were given antibiotics, you **MUST** finish them all.
- * Avoid any vigorous exercise today.
- * Eat cool and softer foods today.

DONT'S

- * Do not rinse or spit, avoid drinking through a straw today.
- * **Do Not SMOKE** for 48-72 hours, this will effect the formation of a clot
- * Do not constantly change your gauze packing. Leave the same packing in place for 45-60 minutes.
- * Do not stick your finger or other foreign objects in the extraction site.
- * Do not play strenous sports, or dostrneous exercises today.
- * Do not eat any HOT or SPICY or HARD foods today, do not apply warm Compresses today.
- * If you have any sutures Don't worry, unless otherwise informed your sutures will dissolve in 2-7 days
- * **DO NOT PANIC**, call the office or in worst-case senario go to the hospital, if things seem out of the norm.