



HELENA FAMILY DENTISTRY

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POST OPERATIVE INSTRUCTIONS:

Day of Surgery:

1. Keep firm but gentle biting pressure on the gauze sponge in your mouth for 1 Hour. Replace the gauze after one hour if bleeding is still heavy and hold firm biting pressure for an additional 30 minutes. Do not replace gauze more often than every 45-60 minutes.
2. **DO NOT** vigorously rinse your mouth out until tomorrow morning.
3. If so instructed by the doctor, apply a cold damp towel to your face over the surgical site. This will reduce swelling and provide a cool soothing feeling. Sit back or lie down, RELAX, give your body a chance to heal. If you lie down, keep your head slightly elevated.
4. **DO NOT SMOKE, DRINK THROUGH A STRAW OR PLACE ANY SUCTION ON THE SURGICAL AREA FOR 24 HOURS. ALSO DO NOT DRINK FIZZY BEVERAGES LIKE SODA OR BEER FOR 24 HOURS. NO ALCOHOLIC BEVERAGES WHILE TAKING PRESCRIBED MEDICATION.**
5. Take all medicine as prescribed:
If you are able to take ibuprofen (Advil, Motrin) and acetaminophen (Tylenol), take 600 mg ibuprofen with 500-650 mg acetaminophen every 6 hours for 2 days.
6. Your saliva may be excessive and/or reddish for 12-24 hours following surgery. **AVOID SPITTING.** Drool over a sink and then wipe your mouth.
7. Be sure to drink fluids following surgery. Soup, juices, and liquid foods are best.

Increase fluid intake for 24 hours.

8. If bleeding is excessive or temperature is elevated, call our office at (406) 443-6160

Day Following Surgery:

1. Brush your teeth as usual when you get up in the morning, taking care to brush gently near the surgical site.
2. Begin warm salt water rinses (one-half teaspoon of salt in a cup of warm water). Use this solution after each meal and at bedtime for one week.

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