



Bleeding: Normal oozing may occur for 24 hours or more following surgery. It is controlled by firm biting pressure on gauze pads for 45 minutes. If bleeding continues, replace gauze, and bite for 30-minute intervals without re-examining the area. This will arrest 99% of bleeding problems. Do not try to stop bleeding by rinsing and spitting. If bleeding is brisk, and fills the mouth quickly, call the numbers below immediately.

Swelling: Swelling, and sometimes bruising, is common after surgery. Apply ice packs 15 minutes on, then 15 minutes off until bedtime the day of surgery. This will keep swelling to a minimum. Also, keep your head elevated until bedtime. Moist heat after 24 hours may help jaw soreness.

Pain: The most discomfort is 12 hours following surgery. Start taking you pain medication (as prescribed) before your local anesthetic wears off. Never take pain medication on an empty stomach. If itching or rash develops, stop taking all medications and contact us immediately.

Muscle Soreness: Difficulty in opening the jaw is common after third molar extractions. Chewing gum (sugarless) at intervals will help with muscle soreness, along with moist heat after 36 hours.

Smoking: NO SMOKING for at least 48 hours following surgery to minimize risk of complications like dry sockets. Smoking is detrimental to healing tissues and effect results of surgery. It is highly recommended to not smoke for three weeks after implant/soft tissue surgery.

Infection: Make sure you are taking your antibiotics as prescribed. The signs of infection include elevated temperature, extreme heat and swelling, and drainage of pus at the site. Call us immediately if this occurs.

Homecare: The day after surgery rinse with a glass of warm salt and water several times a day. Use mouthwash (peridex) twice a day, if prescribed. No spitting. Brush and floss as usual, avoid surgical sites. No electronic toothbrushes or waterpiks around surgical sites. DO NOT use bleaching solution for four weeks after surgery. If a removable prosthesis delivered, do not remove for 24 hours. Remove and clean prosthesis as directed after that time. IF sore spots present, please call our office for an adjustment or leave prosthesis out if unbearable.

Diet: It is important to maintain good nutrition following surgery for better healing and to minimize stomach irritation from medication. Do NOT drink through a straw. Avoid alcohol, peroxide, and carbonated drinks. Restrict diet to lukewarm and soft food. Nothing HOT for at least 48 hours. We recommend high protein and vitamin diets that require little chewing. Soft diet can include: Pasta, fish, ground meat, eggs, and bananas.

Physical Activity: Rest. Plan to rest for the remainder of the day of surgery and the next. You may read, watch TV, or work at your home desk. When sleeping, elevate your head to decrease swelling. After 24 hours and if you tolerable, you may return to normal routine BUT for 1 week, avoid strenuous activities such as heavy lifting or exercise. If you were sedated, you may **NOT** operate any vehicle or hazardous device for at least (24) hours after your release from surgery.

It is our sincere desire that you are as comfortable as possible following surgery. Do not hesitate to reach out with any questions or problems.

Print Patient Name

Patient/Guardian Signature

Date

**Please contact us at (813) 333-1922 if you have any questions. A doctor can be reached after hours by pressing 2.
For a medical emergency please call 911**