





i Recovery Tips ?

**You made it through your oral surgery!
We made this little guide to help you heal.**


 **Gauze:** Firmly hold the gauze pad we gave you in place for **15 to 30** minutes after you leave the office. A little continued bleeding is expected. If we gave you replacement gauze and the bleeding is persistent, then you can hold a new piece on the site undisturbed for **another 30 minutes**.


 **Tea:** A natural healing remedy we love! Hold a **cool moist tea bag** over the site. The tannin in the tea will help control the bleeding. Black tea works best for this.


 **Ice:** You may use an ice pack to reduce swelling. Follow a **“20 minute on/20 minute off”** schedule to let the surface of your skin warm up. You can do this for 3 or 4 hours.


 **Medications:** First thing's first - try to eat something before taking any medicines. If we've prescribed you medications, take them as instructed. Don't discontinue antibiotics or anti-inflammatory medications before checking with us. If you're uncomfortable and looking for something over the counter, **Advil is usually better than Tylenol** at helping you feel better. Don't take aspirin - it can thin your blood and slow down healing.

 **Do Not Smoke for at least 48 hours!**

 **Oral hygiene is extremely important right now.** It reduces the risk of infection and promotes healing (which makes you more comfortable!). **Do not brush your teeth or rinse/spit until tomorrow.** Then, tomorrow morning begin rinsing with a mixture of 1 tsp. of salt with 8oz of lukewarm water. Rinse with this saltwater mixture 4-6 times a day, **every day until your next appointment.** Otherwise, you can continue with your normal homecare routine - including brushing your teeth.

 **When can I eat?** You may eat after the initial gauze has been removed, but stick to **soft room temperature food** until the numbness wears off. We don't want you burning your tongue! For the first 24 hours, we suggest enjoying soft foods or liquids like soups and milkshakes. **Avoid sipping through straws** - the suction they create can disrupt the healing process! Stay away from anything extremely hot, extremely cold, spicy, or rough (like tortilla chips, or hard crusty bread).

 **Swelling,** bruising or discoloration ('black & blue') and difficulty opening your mouth are expected. This may be pronounced, especially if you've had extensive surgery like an apicoectomy or the removal of impacted teeth. Swelling usually reaches its maximum about 48 hours after surgery and resolves over the next 48 hours. You can use **Arnica Montana,** a homeopathic remedy, to help reduce the swelling.

 **We're here for you!** Don't hesitate to call us anytime you have questions or problems concerning your post-operative care. Our telephone number is (415) 564-6170. We have a 24 hour-a-day, 7 day-a-week answering service. If the office is closed they will have one of the doctors return your call.