

Dental Practice of
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COMMONLY ASKED POST-OPERATIVE QUESTIONS

Is bleeding normal?

- Slight bleeding may continue for up to 48 hours after surgery. This is not unusual and is no cause for alarm.
- To limit bleeding and pain, sit upright and sleep on your back with your head supported by an extra pillow.
- If excessive bleeding occurs, take moistened gauze or a damp black tea bag and apply moderate pressure over the bleeding area for 20-30 minutes.
- If excessive bleeding persists after following instructions above, **please call the office.**

Can I exercise?

- **No exercise or any activity that would raise your pulse for 7 days after your surgery:** including but not limited to running, jogging, working-out, aerobics, and yoga.

How much discomfort can I expect?

- It is normal to have discomfort after a surgical procedure.
- The amount of pain varies from person to person and is most noticeable 3-5 days after surgery.
- The medication given to you should be used as prescribed to control your pain. If you need to take the medication for several days do not be alarmed.
- If you cannot control the pain with the medications given, **please call the office.**

Will there be swelling and bruising?

- Extensive swelling and bruising is expected following surgery. It may take 3-5 days before it reaches a maximum..
- To minimize swelling, apply ice (to your cheek over the area of surgery) 20 minutes on and 20 minutes off for 24 hours.
- Ice cubes in a plastic bag, frozen bag of peas, or an ice pack may be used.

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(916) 236-3131

What can I eat after surgery?

- Plan to be on a **soft food diet for 2 weeks after surgery**. A nutritionally balanced diet with appropriate caloric intake is optimal for healing.
- Avoid hard, chewy, spicy foods, and foods with small seeds. Acidic foods (fruit juice, tomato, vinegars, etc.) may sting.
- Drink lots of water! Try to drink 8 glasses per day. Limit caffeine intake to no more than 2 cups/day and limit alcohol intake. This action can keep you hydrated and can help avoid a slight fever following the surgery.

What is the pink material after surgery? (Only if applicable)

- Following your surgery, a pink plastic-like material called a periodontal dressing, may be placed around your teeth.
- It acts like a bandage. Do not remove it.
- Parts of the dressing may loosen or chip off – If it falls off, please discard.

How am I going to keep my teeth clean?

- Do not rinse for 24 hours. After 24 hours, rinse gently with Peridex rinse for 1 minute every morning and night for 7 days.
- Do not brush or disturb the surgical site in any way. You will start brushing the surgical site after you have been seen for a suture removal appointment (2 weeks after surgery).
- You will brush other areas of your mouth without disturbing the surgical site, but **no electric toothbrush**.

If you cannot reach us at the office and have AN AFTER-HOURS EMERGENCY, call (916) 236-3131 and select the option for the Emergency On-Call Doctor.

If you cannot reach us and you have a medical emergency, please go directly to your nearest hospital emergency room.