

# BRIGHTON DENTAL

*Implants. General Dentistry. Restorations. Surgical Referrals.*



**Brighton Dental P.L.C.**

10192 Grand River Road, Suite 104

Brighton, MI 48116

Phone: 810.227.5136 Fax: 810.227.5612

[www.brightondentalplc.com](http://www.brightondentalplc.com)

---

## POST-OPERATIVE INSTRUCTIONS

After dental surgery you may expect swelling, bleeding, bruising and discomfort. Ensuring rapid recovery from oral surgery depends, to a large extent, on your home care. It is very important that all instructions be followed correctly.

### YOUR HOME CARE INSTRUCTIONS

#### HEALING

Do not disturb the surgical site by touching it with your fingers, toothpick, tongue or by pulling lips or cheek. These interactions could result in irritation, bleeding, and infection. The blood clot which forms over the area is your body's natural healing method and should not be disturbed.

#### BLEEDING

- To help control bleeding, bite with light pressure on a gauze pack placed over the surgical area. Pressure should be applied in 20 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process.
- Avoid working for at least 24 hours after surgery.
- Do not drink through a straw or rinse for the first 24 hours.
- You may start to rinse with warm salt water 48 hours after surgery.
- **DO NOT** rinse vigorously for the first week after surgery, this may dislodge the blood clot or open up the surgical site and cause more bleeding or possible infection.
- If the bleeding persists and does not let up you can apply a moist tea bag wrapped in gauze for several hours, in 20 minute intervals. The tannic acid in the tea will assist in controlling the bleeding. Herbal teas do not have tannic acid. If profuse bleeding continues after following these instructions please call the office.
- **DO NOT** exercise, use physical force, enter stressful situations, or operate heavy or hazardous equipment for the first 48 hours or until the medication and natural healing process allows. This will increase your heart rate and blood pressure if these instructions are not followed.

#### SWELLING

Apply an ice pack in 15 minute intervals out of each hour, **while awake**, to reduce the swelling. Swelling is a part of the healing process and can be expected for three days to several weeks depending on the nature and extent of the surgery.

# BRIGHTON DENTAL

*Implants. General Dentistry. Restorations. Surgical Referrals.*



**Brighton Dental P.L.C.**

10192 Grand River Road, Suite 104

Brighton, MI 48116

Phone: 810.227.5136 Fax: 810.227.5612

www.brightondentalplc.com

---

*Post-Operative Instructions continued...*

## **HOME CARE**

It is important to keep the area as clean as possible without disrupting the surgical area. Use a soft toothbrush and do not floss near sutures – also avoid brushing the incision area for two weeks unless otherwise instructed.

## **DIET**

- It is important to follow a *soft diet* after surgery until otherwise advised. **In some cases, a liquid diet may be prescribed for up to two weeks.**
- Do not attempt to eat until your anesthetic wears off.
- A nutritious diet throughout the healing stage is important to your comfort, temperament, and healing. Hungry people become irritable and less apt to deal with discomfort that can follow surgery. The following foods and supplements are recommended: milk, cooked cereal, scrambled eggs, pasta, mashed potatoes, cooked vegetables, fish, chicken, pudding, yogurt, ensure, nutriment, metrical, and sego.
- Also, continue with Vitamin C. (Please see the soft diet sheet for more suggestions).

## **PLEASE NOTIFY THE OFFICE IF THE FOLLOWING OCCURS**

- If pain or swelling increase after three days
- If sutures become loose or dislodge before three days
- If you have any symptoms which may indicate an allergic reaction
- If your body temperature becomes higher than 100°F orally
- If the medication *DOES NOT* relieve your discomfort
- If bleeding profusely
- If *ANYTHING* unusual occurs *PLEASE* notify the office if you have any questions

*In Case of Emergency Please Contact Dr. Thomas at: Cell: (313) 530-8833 Home: (248) 676-2146*