****

**BLEEDING**

Some oozing of blood may continue for a short time after surgery. This may be controlled by maintaining pressure over the surgery site by biting on a damp, chilled gauze sponge for 30 minutes. Lie quietly with the head elevated and repeat the above procedure for 30 minutes until active bleeding is controlled. A pinkish tinge of saliva is normal for a 24-hour period, after that if profuse bleeding occurs notify the doctor.

**ELEVATE HEAD**

Your head should be elevated for the 1st 48 hours after dental surgery.

**NO SPITTING, SMOKING, OR SUCKING THROUGH A STRAW**

This will create sucking actions and cause bleeding and can

interfere with the body’s ability to heal.

**ICE**

Apply Ice to the face for the first 24 hours, it will reduce swelling. 20 Minutes on and 20 minutes off.

**RINSING**

Avoid rinsing the mouth for the first 24 hours post operatively.

**PAIN**

A moderate degree of pain following surgery is to be expected. Take 800mg of Ibuprofen along with one Extra Strength Tylenol (500mg) every 8 hours (not to exceed 3 times a day) for the first three days. If a prescription medication is provided, follow the directions on the bottle instead of the ibuprofen and Tylenol regiment.

**DIET**

 You may want to stick to a softer diet for the first couple of days after your surgery, after that you may eat what feels comfortable to you.

**ORAL HYGIENE**

Good oral hygiene following oral surgery is important for normal healing. Routine brushing should be instituted the day following the surgery. Care should be taken when brushing the area adjacent to the surgical site.

 **DO NOT USE A WATER PIK**

Gentle rinsing is ok 48 hours after surgery.

**\*\*Do not hesitate to call us if you have any other questions\*\***

**Our office (614) 890-3130**

**Dr. White’s Cell Phone 614-406-2495**