

Patient Name \_\_\_\_\_

Please return on: \_\_\_\_\_

**EDMONDS  
ORAL SURGERY, P.S.**

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## **SURGERY AFTER-CARE**

You will be sleepy for the majority of the day after surgery and will need a quiet, comfortable place to rest. You will require a responsible adult to stay with you and care for you until the effects of the anesthesia have worn off (6-8 hours). You will not be able to drive, return to school/work and should refrain from making important decisions or signing legal documents on the day of your surgery.

- **SMOKING** delays healing and increases your risk of a “dry socket” or post-operative infection. Do not smoke for 3 days following surgery.
- **ICE PACKS** will help alleviate swelling if applied for the first 24 hours after surgery. Apply ice to the outside of the face over the surgery areas. Swelling usually peaks at 48 hours and gradually subsides over 7 to 10 days. Frozen peas or corn also work well.
- **BLEEDING** is normal for up to 24 hours after surgery. Immediately after surgery you should bite gently on a piece of gauze, applying constant pressure to the area. This helps a blood clot to form. Remove this gauze after 60 minutes. Most of the bleeding will be stopped by then and the gauze should be left out. If bleeding continues or is excessive, you may bite gently on a tea bag moistened in warm water and placed over the area. This may be repeated. If bleeding persists or seems to be a problem, you should contact our office immediately.
- **PAIN** can be managed by taking the medication prescribed for you. You may have more tenderness and soreness in your gums and jaw as the anesthetic wears off. It is important that pain medication be taken with juice or food to prevent an upset stomach.
- **ACTIVITY** should be limited for the first two (2) days after surgery. No vigorous activity is recommended for 2-3 days following your surgery as this may increase swelling, bleeding and pain.
- **EATING** soft foods such as soup, milk shakes, ice cream, cottage cheese and yogurt will be the easiest to eat after surgery. Jaw stiffness is normal and may last 2-3 days. As this subsides you will be able to eat more solid food. Avoid hard or crunchy foods such as carrots, popcorn or nuts. Proper nutrition is necessary for healing. Do not skip meals and drink plenty of fluids.
- **ORAL HYGIENE** is important for proper healing. Keep your mouth clean by brushing as well as you can. On the day after surgery start using warm salt water rinses. Use a ½ teaspoon of salt in a cup of warm water. Salt water rinses should be used at least 6-8 times a day until healing is complete.
- **FOLLOW-UP CARE** may be scheduled to make sure you are healing properly and to answer any questions you may have about your surgery. There is no charge for this follow-up visit.

**After-hours questions and concerns can be handled through our automated voice mail/paging system. Simply dial the office phone number 425-744-1724, and follow the recorded instructions.**