

## Berger Dental Group, P.A.

### Postoperative Discharge Instructions:

1. Keep the pressure gauze firmly over the operative site for 1-2 hours to minimize bleeding.
2. **DO NOT RINSE** the operative site the day of surgery. Brush your remaining teeth regularly and keep your mouth as clean as possible during the period the operative site is healing.
3. Warm saline mouth rinses (1 level teaspoon full of salt in a glass full of warm water) three or four times a day should be begun on the first postoperative day (first day after surgery). This will help promote healing. **Again, DO NOT RINSE THE DAY OF SURGERY.**
4. If it is more comfortable, or you are instructed to do so, eat liquid or soft foods, but **DO NOT STOP TAKING NOURISHMENT.** Do not miss a single meal.
5. Ice packs. Use as directed. Do not use after the first 24 hours.
6. Return to this office as requested.
7. No forceful spitting, drinking through a straw and smoking for two (2) to three (3) days.
8. After your surgery, on day number two (2), use a syringe for rinsing lower extraction areas each time after eating.
9. Medications: Prescription : \_\_\_\_\_  
Other : \_\_\_\_\_  
Special Instructions: \_\_\_\_\_

### **You May Have:**

1. **Pain.** In the event you have some pain and the medication prescribed for you does not give you relief, please contact this office at 803-787-9793.
2. **Swelling.** This may be from a number of causes, but is usually a natural reaction of the body to surgery in the oral cavity. If the swelling is accompanied by pain and occurs before your next appointment, please report to this office.
3. **Bleeding.** Cleanse your mouth with a gentle rinse of water, then place cotton gauze, NOT ABSORBENT COTTON, over the area. Close your jaws tightly onto the gauze for 30 minutes, by the clock. DO NOT become excited, but remain quiet with the gauze in place. If the bleeding should continue following a removal of the gauze, please contact our office at 803-787-9793. Often, there is a slight oozing of blood, which, when mixed with saliva, may appear to be excessive bleeding.
4. **Stiffness.** This, like the swelling, is a natural reaction of your body to surgery. Opening and closing exercises can help to overcome this problem.
5. **Numbness.** Quite infrequently, an individual will notice persisting numb sensation following surgery of the oral cavity. It is usually temporary in nature, and a normal feeling will return.