



## Expose and Bond Post Op

### IMMEDIATELY FOLLOWING SURGERY

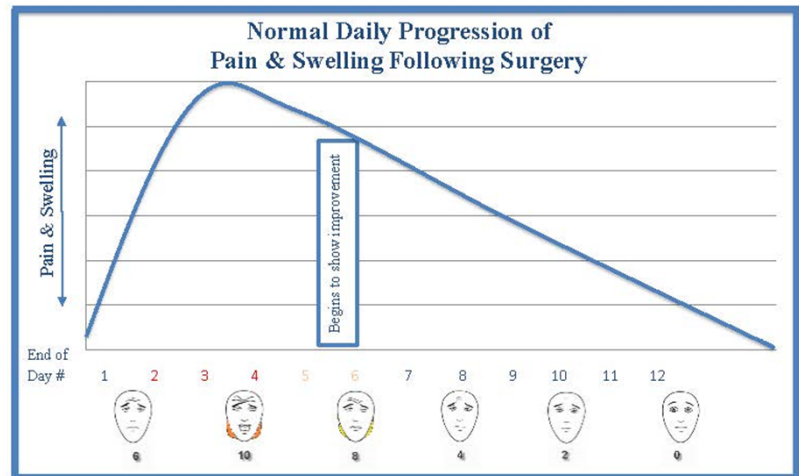
- The gauze pack placed over the surgical area should be kept in place for 45 minutes, after this time the gauze pack should be removed and discarded.
- Replace the gauze after eating and drinking. Moisten the gauze pack and place over the surgical area, this should be kept in place for 45 minutes. Then you are done with gauze.
- Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Next Ibuprofen dose @ \_\_\_\_\_ PM then \_\_\_\_\_ PM
- If antibiotic is prescribed, take twice daily every 12 hours.
- Use ice packs for the first 72 hours, while awake - 20 minutes on / 20 minutes off
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable. No driving for 24 hours (If IV Sedation was used)
- You will see a gold chain and black suture those are for your Orthodontist to start your activation (pulling your tooth into position) process after your 2-week post op at CCOMS.

### BLEEDING

- A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon for the first 36 hours.
- Excessive bleeding may be controlled by rinsing or wiping any old clots from your mouth, then placing a gauze pack over the area and biting firmly for 45 minutes. If bleeding continues, bite on a moistened tea bag for thirty minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels.
- To minimize further bleeding, do not become excited, sit upright, and avoid exercise. If bleeding does not subside, call for further instructions. It is normal to have oozing for the next 36 hours and have a tinge of red to your saliva.
- If you have "active" bleeding like a nosebleed, please call the office @ 720-588-2505

## SWELLING

Swelling is to be expected following surgery. Swelling around the mouth, cheeks, eyes, and sides of the face is common. This is the body's normal reaction to surgery and eventual repair.



- The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs
- After 72 hours, ice has no beneficial effect.
- 72 hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling.
- If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery
- The pain and swelling should subside more and more each day following surgery. If your post-operative pain or swelling worsens or unusual symptoms occur call the office for instructions.

## PAIN

- Goal is reduction of 50% of the pain
- 600mg Ibuprofen (Motrin or Advil) or three 200mg tablets should be taken every 6-8 hours.
- For severe pain two tablets of Tylenol may be taken 3-4 hours after ibuprofen.
- Avoid alcoholic beverages.
- Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

## EXPAREL

- If Exparel was used during your procedure, surgical sites will be mostly numb for 36 hours to 48 hours.
- Break through pain is possible



- Please continue pain management routine as described above.

#### DIET

- After I.V. sedation, liquids should be initially taken.
- Do not use straws. Drink from a glass. The sucking motion can cause more bleeding by dislodging the blood clot.
- You may eat anything soft for the first 24 hours after this it is diet as tolerated
- Nothing crunchy is advised
  - Chips
  - Nuts
  - Seeded fruits (Strawberries)
  - Popcorn
- High calorie, high protein intake is very important.
- Increase your fluid intake. At least 3-4 liters of liquid should be taken daily to prevent dehydration.
- Try not to miss a single meal. You will feel better, have more strength, less discomfort and heal faster if you continue to eat.
- Caution: If you suddenly sit up or stand from a lying position you may become dizzy. If you are lying down following surgery, make sure you sit for one minute before standing.

#### ORAL HYGIENE (KEEP THE MOUTH CLEAN)

- No rinsing of any kind should be performed until the day following surgery.
- You can brush your teeth the night of surgery but rinse gently.
- The day after surgery you may begin rinsing at least 5-6 times a day especially after eating with a cup of warm water mixed with a teaspoon of salt.
- NO Listerine use

**In the time between seeing your Orthodontist, the area should be kept as clean as possible, especially after meals, with saltwater rinses.**

Brushing your teeth is okay – just be gentle at the surgical site.

#### DISCOLORATION (Bruising)

- In some cases, discoloration of the skin follows swelling
- The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively. Moist heat applied to the area may speed up the removal of the discoloration.



#### ANTIBIOTICS

- Take as directed.
- Antibiotics have been given to help prevent infection
- Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call the office if you have any questions @ 720-588-2505

#### NAUSEA AND VOMITING

- In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on coke, tea or ginger ale. You should sip slowly over a fifteen-minute period. When the nausea subsides, you can begin taking solid foods and the prescribed medicine.

#### SUTURES

- Sutures are placed to minimize post-operative bleeding and to aid in healing
- Sometimes they become dislodged, this is no cause for alarm. Just remove the suture from your mouth and discard it.
- The sutures will be removed approximately one week after surgery.
- The removal of sutures requires no anesthesia or needles. It takes only a minute or so, and there is no discomfort associated with this procedure, so it is really nothing to worry about.
- The black suture will be left until you see your Orthodontist 10 days to 2 weeks later for activation **(MUST HAVE POST OP WITH CCOMS PRIOR)**

#### ACTIVITY

- If you are involved in regular exercise, be aware that your normal nourishment intake is reduced.
- Exercise may weaken you. If you get light-headed, stop exercising.

Your case is individual, no two mouths are alike. Do not accept well intended advice from friends. Discuss your problem with the person's best able to effectively help you: Dr. Hayes and his staff.

Office Phone Number (720) 588-2505