Expose and Bond Post-Op Care

After surgery you may notice a gold chain or rubber cord attached to the orthodontic wire or attached to the impacted tooth. Your orthodontist will use this chain to help maneuver this tooth into its correct position. If either the chain or button falls off or becomes loose, please call our office.

ORAL HYGIENE:

You may resume brushing and flossing the day after surgery. Be careful brushing around surgical sites. You may start rinsing with salt water solution the day of surgery. Mix 1/3 teaspoon to one cup of warm water. Rinsing should be done after every meal. Avoid alcohol based mouth wash and the use of waterpics for one week.

BLEEDING:

Keep firm pressure on surgical site by biting on gauze. Replace gauze every 30 minutes until pink in color, then discontinue. Minor oozing is common up to 24 hours after surgery. If bleeding continues, bite on a dampened tea bag. Tea contains tannic acid that aids in coagulation. If bleeding persists, please call our office or after hours number.

SWELLING:

Some localized swelling is common after surgery. Swelling may not become apparent until 24 hours post-op with a peak in swelling at 72 hours. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and 20 minutes off while awake for the first 48 hours.

DIET:

A cold to lukewarm, soft diet is preferred for the day of surgery. A soft chew diet can resume the next day as long as chewing is away from the surgical site. Advance your diet as tolerated.

ACTIVITY:

For the first 48 hours, patients should rest and relax with minimal physical activity. After 48 hours, patient may resume activity as tolerated as long as narcotic medications are no longer needed.

NAUSEA:

Nausea can be a common side effect of IV anesthesia. Prescribed pain medication taken on an empty stomach may also cause nausea. If nauseated, a clear liquid diet is recommended. Cutting back on prescribed pain medication and introducing over the counter pain medications, like ibuprofen, may help reduce nausea. If nausea persists, please contact our office.

PAIN:

Following a tooth extraction, some discomfort is to be expected. Before the numbness wears off, begin pain medication as directed. Do not take your medication on an empty stomach. This may cause nausea. Do not drive or operate heavy machinery while taking prescribed pain medication. If severe pain continues beyond the third post op day, please call our office. Oklahoma state law prohibits calling in any pain medication prescriptions. Pain medication can only be provided by the doctor at the time of your appointment. Ibuprofen is recommended in between the prescribed pain medication. For administration directions, follow label recommendation.

If you need to speak to a nurse during business hours, please call our office at 405-241-5338. For after hour needs, please call 405-726-2193. If you are experiencing an emergency, ***please call 911*** *or go to your nearest emergency department.*

FOODS TO DRINK AND EAT WHILE NUMB:

Remove gauze prior to eating and replace with new gauze if needed afterwards.

Drinks: (No straws and carbonation for one week)	Food:
Gatorade	Jell-O/ Pudding
Milkshakes/Malts	Yogurt
Protein Drinks	Creamy Mashed Potatoes

Prescriptions: ***Do not take medications on an empty stomach, this may cause nausea and/or vomiting.***

Anti-Nausea

☐ **Zofran (Ondansetron) 4mg** - Dissolve one tab under tongue 30 minutes prior to taking pain medication.

*Only needs to be filled if you are having complications with nausea and /or vomiting.

Pain Control

☐ **Ibuprofen _____mg** (Motrin, Advil)

*We recommend taking 1 tab every 6 hours while awake for the first four days regardless of pain level. Can be used as needed after that.

☐ **Norco _____mg** (Hydrocodone/Acetaminophen)

***Narcotic pain medication

*Can be taken same time as ibuprofen

*Can cause nausea, we recommend having some light food before and taking an anti-nausea

Antibiotics

☐ **Amoxicillin _____mg**
☐ **Clindamycin _____mg**

*Start antibiotic and finish until gone

Swelling

☐ **Medrol Dosepak**

*Only given in select cases due to increased risk of swelling

Miscellaneous:

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