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AFTER ORAL SURGERY INSTRUCTIONS

[SUTURES] If you have sutures, return at your appointment time to remove them.

BLEEDING:

Slight bleeding can be expected for 24 hours. Maintain steady, firm pressure in the extraction site by biting on folded gauze. Change the gauze as needed. For more bleeding control use a wet, folded Lipton tea bag over the bleeding site and bite with pressure. Wring out the tea bag well, and do not change the tea bag for one hour.

DISCOMFORT: Some nausea is normal with all pain pills. The jaw joint and surrounding muscles can also be painful for some time.

SWELLING: Control the swelling by applying ice packs, wrapped in a thin cloth, to the outside of the surgical area. Use continuously for 24 hours.

HEAT: After 48 hours, heat applied to the outside of the surgical area may help with discomfort and help speed healing.

EATING: Eat soft foods and liquids for the first few days. Maintain a balanced diet to aid healing. Avoid the use of a straw.

RINSING: Rinsing should be avoided for the first 24 hours. Do not use commercial mouthwashes. If you wish a warm salt-water solution may be used 3-4 times per day. (1/4 tsp. salt in 6 oz. water)

BRUSHING AND FLOSSING: Resume brushing and flossing as comfort permits.

AVOID:

- Alcoholic beverages for at least one week.
- Smoking or chewing tobacco for at least one week.
- Lifting, bending and all excessive activity for at least three days.
- Using a straw for liquids for at least three days.
- Using commercial mouthwashes for at least one week.

MEDICATIONS: Take 'each type' of medication as directed. You may have up to three 'types', depending on your needs.

***** ALLERGIC reactions:** Call the office or the Emergency Room immediately if you experience blotching, rash, itching, or breathing difficulties.

CALL: If any other questions arise, feel free to call.



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