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### Post-operative Instructions

1. **Bleeding:** Bite on gauze for 1 hour, then gently remove. Some bleeding is normal following all procedures for 24 to 48 hours. Excessive bleeding should be controlled; place gauze or moist tea bag over the wound. Hold firmly for 1 hour by closing your teeth together. Make sure gauze is over the wound. Continue this regimen until bleeding subsides. If bleeding does not subside, call for further instructions.
2. **Diet:** Nourishment for the first day is very important. After the gauze is removed, clear liquids may be taken (soda, broth, jello). Soft food (mashed potatoes, yogurt, apple sauce, etc.) may be taken if nausea is not present. Normal diet may be resumed as tolerated, typically a few days after surgery. Avoid hard, crunchy foods (i.e. raw vegetables, apples, crunchy consistency, etc) for approximately 8 weeks after surgery.
3. **Pain:** The first two days are usually the most uncomfortable. \_\_\_\_\_ has been prescribed for pain. You may take 1 or 2 pills every four hours depending on your pain severity. An unfortunate side effect of prescription narcotic pain medication can be nausea. If possible, take the medicine with some food to help prevent nausea. If nausea persists, stop taking the medication and try Ibuprofen (Motrin or Advil) which you can buy "over-the-counter". These pills are 200mg. You may take \_\_\_\_\_ pill(s) every 4 hours as needed for pain. No alcoholic beverages or driving while taking pain pills.
4. **Swelling:** In order to minimize swelling which may occur after surgery, use an ice pack on the outside of the face next to the surgical site for the first 12 hours. Maximum swelling generally takes place at 24-48 hours after surgery.
5. **Nausea:** Nausea can occur, especially after a general anesthesia. Clear liquids (broth, soda, Jello, or tea) should only be taken until the nausea subsides, after which a normal diet may be resumed. Should nausea persist, call the office for further instructions.
6. **Oral Hygiene:** Brush your teeth normally making sure to avoid the surgical area for 24 hours. You may brush the adjacent teeth. While brushing, keep the tooth brush on the teeth avoiding the gum tissue in the surgical area as this may cause more bleeding. No rinsing, spitting, or the use of drinking straws for the first day. Do not smoke for 7 days. After 24 hours, begin rinsing with a small amount of warm salt water ( 1/2 tsp. salt to 8 oz. warm water) 4 times a day for about one week.
7. **Miscellaneous:** Pain in the ear, difficulty swallowing, difficulty in opening and closing the mouth, bruising of the skin are additional findings which occur with varying frequency. Any symptoms lasting longer than 5 days should be checked by the doctor.

**In case of emergency, call (925) 447-4447 at any time.**