

A J Smile Center

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(609)259-7061

Patient Name: _____
Last First MI Preferred Name

WHAT TO EXPECT

You may experience bleeding, swelling, & moderate pain after your surgery. Please avoid rinsing, spitting, or touching the wound on the day of surgery.

BLEEDING Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding which results in your mouth filling rapidly with blood can frequently be controlled by biting with pressure on a gauze pad placed directly on the bleeding wound for 30 minutes. A moistened tea bag placed for an hour works great as well. If bleeding continues please call our office.

SWELLING

Swelling is a normal occurrence after surgery, & tends to develop within the first 12-24 hours after your surgery. You can help to minimize swelling, soreness, & stiffness, by applying ice in 30 minute intervals to the affected area. Apply the ice continuously as much as possible for the first 36 hours.

DIET

Be sure to drink plenty of fluids. Avoid hot liquids or food. Soft food & liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed.

PAIN

You should begin taking pain medication before you feel the local anesthetic wearing off. For moderate pain, 1-2 Tylenol or Extra Strength. Tylenol may be taken every 3-4 hours. Ibuprofen (Advil, Motrin) may be taken instead of Tylenol. Ibuprofen bought over the counter are 200 mg tablets: 2-3 tablets may be taken every 6-8 hours as needed for pain. For severe pain, the prescribed medication should be taken as directed. Use Antibiotics and Mouth rinse prescribed as instructed.

ORAL HYGIENE

Mouth cleanliness is essential to good healing. Rinse with warm salt water (1/2 teaspoon of salt in a cup of warm water) Five to Six times a day. Continue this procedure until 5-7 days when healing is complete. Brush your teeth carefully, starting on the first postoperative day except the area of implant. Take extra caution to not irritate the surgical site. Remember - A clean wound heals better and faster.

ACTIVITY

In the first 24-48 hours after surgery, keep your physical activities as limited as possible. Exercise, and other physical exertion can cause throbbing, bleeding, and discomfort. Keep your head elevated at least 45 degrees when lying down. If you experience throbbing, bleeding, or weakness, stop your activity.

Response Date: _____