

## INFORMATION AND INSTRUCTIONS FOLLOWING SURGERY

**Blood and Bleeding:** There may be blood stain in the saliva for a few hours after surgery. Pink saliva is not abnormal. If bleeding is excessive, lie down with the head elevated, and place gentle pressure against the area of bleeding. If bleeding does not stop after a few minutes, please call the office at (925) 283-8101.

**Pain:** Following surgery, some pain is expected. Over the counter pain medicines (such as Ibuprofen or Tylenol) may be adequate. Prescription pain medicines can be used, but they have more side effects (such as nausea and drowsiness). If these medicines do not control the pain, or if pain increases after the second day, please call me.

**Swelling:** Swelling in the area of surgery is not unusual. There may be some bruising along with swelling. It should reach its maximum 48 hours after surgery, and then decrease. If the swelling does not decrease after two days, please call me. Directly following the procedure, we recommend applying ice packs over the affected area of the face (20 minutes on, 20 minutes off), this is only effective in the first 24 hours.

**Exercise:** Limit vigorous exercise for the next 72 hours as this will increase blood pressure and may cause more bleeding in the surgical site. After a few days if you feel fine you can resume all normal activities. If you begin exercising and there is throbbing from the surgical site please reduce your activity or stop completely.

**Oral Hygiene:** The operated area(s) cannot be brushed or flossed for the first week but you may brush and floss teeth that were not operated. After one week, you may gently brush the teeth with a soft toothbrush. Stay away from the gumline and stitches! Be careful not to accidentally bump operated areas. If prescription mouthwash was prescribed (Stellalife), please rinse twice a day for 1-2 minutes (see box for instructions). You may resume normal brushing and flossing following your first post op visit.

**Eating:** Restrict your diet to liquids until the local anesthetic wears off. Thereafter, you may want to eat soft foods (such as rice, pasta, yogurt etc.) until you feel better. You can chew normally on non-operated teeth, being careful not to disturb the area(s) operated on.

**Surgical Dressing:** Some of the teeth may be covered by surgical dressing. Most procedures don't use a dressing. The dressing along with the sutures will be removed at your next appointment. If a portion of the dressing breaks off and you are not uncomfortable, do not be concerned.

**EMERGENCIES:** If it is after hours and you need to speak with Dr. Richert, please the office at **(831) 688-1975** and the answering service will connect you.