

SURGERY HOME CARE INSTRUCTIONS

Please take a few moments to review these instructions to help with your recovery

WHAT TO DO

- After leaving this office, **rest, avoid strenuous activities**, take pain medication for the remainder of the day.
- **Take medications as prescribed.** Antibiotics should be taken until completion, pain medication should be taken as needed.
- Apply an **ice bag** or cold compress to the area for **20 minutes**, then remove for **10 minutes** for the first day only. This can help keep swelling and discoloration to a minimum.
- **DO NOT RINSE! NOR USE A "WATER PIC"** for the first 24 hours following surgery.
- **Avoid lifting your lip.** It is possible to accidentally tear the sutures, open the incision, and delay healing.
- **Avoid smoking** the first day following surgery.
- Tomorrow, use **warm salt water** held in your mouth for 2-3 minutes after meals. A solution of ½ teaspoon of salt in a full cup of warm water is suitable. This will clean the sutures.
- The **day after surgery, brush all of your teeth** after each meal, but **DO NOT TOUCH THE SUTURES.**
- Eat **soft food only** for the first day and avoid chewing in the operated area until the sutures are removed.

WHAT TO EXPECT

- **Some discomfort** is usually present. If the medication prescribed does not restore comfort, please phone.
- A **small amount of oozing** from the incision may occur for a day or two following surgery.
- There will be some **swelling and discoloration** present for 3-5 days following surgery. This is a normal part of the healing process.
- There is often a **temporary loss of feeling** and the tooth may feel loose for awhile.
- **If a specimen was sent to the pathologist**, you will receive statements from the **Louisiana Oral Pathology Service** (\$150) for interpreting and reporting by the pathologist, and **Northshore Regional Medical Center** (\$70) for technical services.

WHEN TO CALL THE OFFICE OR DR. HEBERT AT HOME [(985) 845-2342]

- If you experience **fever**.
- If your discomfort or swelling increases after the **3rd day** following surgery.
- If your discomfort is **not alleviated** by prescribed pain medication.

IMPORTANT! SUTURE REMOVAL

- Your return for suture removal has been scheduled for: _____ at _____

A report, detailing your treatment and information related to your care, will be sent to your restorative dentist. After your treatment is complete, any follow up visit with our practice to assess your healing is complimentary for 12 months.

Should any condition arise which causes you concern, please call.