

**Dressing:** If a protective dressing has been placed over the surgical area, avoid this area when eating or cleaning. The dressing does not have to remain in place for the procedure to be successful, but tenderness may increase if it is loosened or removed prematurely.

**Eating:** Please wait until the numbness is no longer present, before attempting to eat. If necessary to get something on your stomach prior to taking medication, something cool and soft (ice cream, yogurt, jello) would be indicated. Depending on the extent of your surgery, you may be able to eat soft food carefully in the areas of your mouth that are not involved. Soups, creamed potatoes, overcooked pasta and vegetables are suggested. Please avoid hot foods for a few hours following surgery as this can increase bleeding. If a liquid diet is consumed, fortified liquids such as Instant Breakfast or Ensure are nutritious.

**Cleaning:** Areas of your mouth not involved in the procedure may be cleaned as usual. Avoid cleaning the surgical area(s) with toothbrush or floss. Antibacterial rinse (Peridex) may have been prescribed to clean surgical area(s). Avoid rinsing for 24 hours following any extractions. If no rinse was prescribed, gently clean the teeth in the surgical area with Q-tips moistened with water or mouthwash.

**Bleeding:** Red-tinged saliva is not unusual for a few hours following a procedure. Cool water rinses or chipped ice held in the area will minimize this. Areas that continue to seep may be controlled by gentle, constant pressure, with cool water moistened gauze. A cool water moistened teabag applied with gentle pressure to the area is also helpful in controlling seepage. If this persists, or is of moderate or greater amounts please contact us.

**Swelling:** Swelling should reach a maximum 2 – 3 days following your procedure, and then begin to subside. It may be minimized by applying an ice bag externally, off and on for 15 minute periods, as much as possible for the first 24 hours only.

**Discomfort:** Discomfort should be manageable with the medication prescribed. Allow 45 – 60 minutes for the medication to take effect. Taking your medication as directed, while still numb, will aid in the control of the onset of discomfort. Discomfort should maximize during the first 24 – 72 hours after your surgery, and then begin to decrease. If discomfort decreases, then begins to increase again, contact the office.

**Conscious I.V. Sedation:** If intravenous sedation has been used, please take it easy the remainder of the day. You should be attended to by a responsible adult for the first 24 hours. **You should NOT operate any motor vehicles the remainder of the day.** If the I.V. site is more than slightly tender for 24 – 48 hours, please contact the office.

**Medications:** If there are any questions or problems regarding your medications, please contact the office. In general, antibiotics should be taken as prescribed until finished. Antibacterial rinse (Peridex) should be used until directed to discontinue. Pain medications should be taken only as needed. Over the counter medications (Tylenol, Advil) may be used when possible. Aspirin may be taken, although excessive use could increase the tendency to bleed. Steroid Dose Packs (Dexamethasone) should be taken exactly according to the package instructions.

**Emergencies:** If any questions or unexpected effects from your procedure occur during office hours, please contact the office. If an after hours/weekend emergency or question arises, Dr. Hammond may be contacted by cell at **256-604-9165**. If Dr. Hammond is out of town, the recording accessed by dialing the office number will inform you who is on call for him, and how to contact them.