

TAKE CARE OF YOURSELF

Before Procedure



Get plenty of **Rest**



Avoid alcohol or smoking

at least **24 hours** before the procedure.



Fast, if you're going to be sedated. **Avoid food or drinks**, for **8 to 12 hours** before your surgery.



If the surgery requires a local anesthetic, you can have a **light meal 1 or 2 hours in advance** but be sure to brush and floss thoroughly before arriving.



Avoid wearing **lipstick** and leave your **jewelry** at home as you may be asked to remove them prior to the procedure.

Make sure you have a ride.



Even local anesthesia may impair your reflexes and make it unsafe to drive a car. If nobody you know can do it, you can take a cab or use public transportation.



Give yourself time. On the big day,

arrive at least **20 minutes early**. You'll have a chance to relax before the procedure and have time to finish up any last minute paper work.

Post Procedure



ON THE DAY

Swelling

It is the body's reaction to repair. It simply takes time for the body to complete its work. However there are a few actions to make yourself comfortable.

Use a **cold press** for **2-3 days** to keep the swelling down at a comfortable enough level. Sometimes, nursing a piece of ice can do wonders to how you feel.

Use pain medication as needed.

Rest your head higher than your heart when sleeping.



Only liquid diet is recommended for the first 24 hrs.

Bleeding

Like swelling, bleeding is a way for the body to transport what it needs to **repair the injured area**. We want to promote the blood to clot as it is the scaffold for the **rebuilding of your tissues**.

Keep pressure on the site. This typically means **biting on a gauze for the first 2 hours**.

Once the clot forms, prevent it from being disturbed.

Tip:

If for whatever reason, the bleeding does not stop, use a black tea bag, dipped in water, to bite as an home remedy until you can see your doctor for further evaluation. The tannic acid in tea aids in clot formation.



24-48 HOURS

Pain

- Most dental post operative pain can be effectively controlled by **ibuprofen** (Advil).
- When taking ibuprofen, make sure to do so with food. The chemistry of the analgesic can cause irritation of stomach linings.
- Start with the over the counter recommended dosage of 400 mg. If discomfort still persists, higher dosage can be taken. Consult with your doctor if pain still persists at 800mg per 8 hours.
- Acetaminophen (Tylenol) can be taken with in conjunction with ibuprofen to great effect. **Take Tylenol 4hrs after Advil and alternate every 4hrs (Advil 4hrs-Tylenol -4hrs- Advil.)**
- Use **hot and cold compress alterations after 2-3 days** to speed up the bruise healing.
- Rest your head higher than your heart when sleeping.
- Any foods that disturbs the healing process and causes the site the bleed again, should be avoided.

A FEW DAYS

- Be calm and give yourself a break.** Most of the swelling and bruises should subside in 2-3 weeks.
- Having plenty of rest** is going to help you heal.
- Prepare and stock for yourself 3-7 days of soft food around where ever you are to keep **your body nourished**.

Smoking and alcohol should be avoided during the healing periods.

