

Lafond & Tambini, DMD, PA
843-851-0104 www.lafondtambini.com

Please DO NOT call any other numbers that may show up on caller id as you may not be able to reach office personnel

Oral & Maxillofacial Surgery
Dr. Jonathan M. Lafond Dr. Kimberly Tambini

DAY ONE:

Bite down firmly but gently on the gauze that have been placed over your surgical sites. Be sure to **apply pressure** to help form a blood clot. Pt. should not be talking and should be biting firmly. **Change gauze every 30 minutes for 2 HOURS ONLY! *** You may moisten the gauze with water to avoid sticking. After this time, bleeding should be slowing down. A little oozing is normal for the next 24 to 36 hours. * If heavy bleeding continues after 2 hours and no white areas are seen on the gauze (soaked with dark red blood) place a cool wet tea bag over extraction site for 30-45 minutes while biting down firmly. After this (approximately 3 hours after surgery) if heavy bleeding continues, call the office!

PER FEDERAL GUIDELINES, NO PAIN MEDS CAN BE CALLED IN!!!!!!

Before taking your pain med, it will help you to have a milkshake or frosty first to decrease feeling nauseous. Let it settle for 30 minutes before taking pain med. After that, you may begin to eat or drink whatever is comfortable for you but a soft liquid diet is recommended. Stay away from acidic foods such as tomato or orange based products for the first few days.

Please use an ice pack over your face every 20 minutes on each side for the first 24 hours to help reduce swelling.
Swelling may increase up to day three after surgery.

No smoking, No spitting, No straws (use a spoon), No mouth wash products for 7 days.

DO NOT rinse or brush your teeth today. Numbness can last up to eight hours. Do not bite or chew your lips, cheeks, or tongue.

If you have been sedated (asleep), do not drive for 24 hours and/or while on pain medication.

DAYS TWO THROUGH SEVEN:

Begin to rinse with warm salt water six times per day. **DO NOT SPIT.** You may also begin to brush your teeth. **DO NOT** use a syringe or waterpik. Stay away from any mouthwash products for 7 days.

Stop using ice and convert over to a moist heat therapy on the outside of your face. EX. Warm wash cloth

Resorbable stitches are used in most cases and will dissolve within 7-10 days or fall out on their own the first couple of days.

Sharp Edges: If you feel sharp edges or something hard in the surgical areas, it is likely you are feeling bony walls which once supported the extracted tooth. Occasionally small slivers of bone may work themselves out during the following weeks or so. If pain or discomfort continues for four weeks, please call the office.

It is normal on the 3rd and 4th day to experience an increase in pain and mild swelling.

Please make sure to keep any follow up appointments that may be scheduled. If you have any general questions after hours, please leave a message and your call will be returned the next business morning. If it is after hours and it is an **emergency**, the answering service will take a message and relay it to one of the doctors. They will return your call as soon as possible. Should you have any difficulty swallowing or breathing or heavy bleeding, stop taking all medications and seek medical attention from the nearest facility (Emergency Room).

Thank you for allowing us to care for your dental needs.