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Instructions following - Expose & Bond or Frenulectomy

1. Upon arrival at your home, remove any gauze that may have been used to control bleeding and take your **Antibiotic and Ibuprofen**. Take these medications as directed until completed. If you were prescribed Peridex mouth rinse, you will need to rinse (1 full minute, then spit) after putting anything in your mouth besides water. (Take all medications after drinking/eating unless otherwise directed by your pharmacist or doctor)
** Make sure you continue to take your daily vitamins and any medications you routinely take **
2. For patients who were sedated using **Xanax: Warning...Be aware of airway constriction while patient is sleeping / resting. Prop head with pillow.** If you were given a prescription for Lortab, do not give the patient the Lortab unless it is bedtime and they are in severe pain. Then give only ½ of the Lortab to the patient and wait 1 hour, if still in pain, give remaining ½ of Lortab. From then on, give Lortab as needed for pain as prescribed. You will probably have soreness/pain in the surgery area today, tonight and possibly longer. If pain becomes severe and the pain medication does not relieve pain at all, please call the office.
3. If you were given an ice/cold pack, you will need to place the pack on your face next to the operated area to keep down the swelling. Keep the cold pack on for 20 minutes, then off for 20 minutes. Repeat this sequence for the first 2 days. You can expect swelling in the area for 2-3 days. If the swelling is severe and/or you feel feverish as well, please call the office. On the third & fourth day, you can apply moist heat (i.e. wet wash towel placed 3-5 seconds in the microwave or warm water soaked) in the same manner you applied the ice/cold pack.
4. You will probably have slight bleeding and a pink color to your saliva the rest of the day. Holding small amounts of ice water in your mouth will usually stop any slight oozing. Direct pressure applied to the area for 3-5 minutes is the best way to control light bleeding. However, if there is excessive bleeding the day of surgery or continual bleeding the day after surgery, please call the office.
5. **DO NOT BRUSH, FLOSS OR EAT IN THE SURGERY AREA.** This requirement is in effect until you see the doctor at your post-op appointment. You can brush the other areas of your mouth according to proper oral hygiene instructions.
6. **DO NOT USE STRAWS** or smoke the first week PERIOD. These will cause a worsening or failure to heal. The more you smoke, the slower you will heal.
7. Do NOT exercise or do any physical labor for the first 3-5 days after surgery. In some cases, this will need to be extended to a full week before you perform physically. If you are unsure, don't do it.
8. Drink plenty of fluids but **avoid** alcoholic beverages for at least 2 full days after surgery.
9. Try to take it easy and rest! Your body should be spending most of its energy healing. Keep your head elevated by relaxing in a chair or using an extra pillow on your bed or couch. It is most important that you maintain a nutritious diet during the weeks following surgery.

10. The following information MAY apply to you;

There may be a bubble gum colored material around your teeth—this is a periodontal surgical dressing. It is important for the protection of the wound and should remain securely in place until removed by us in 7-10 days. If it does happen to loosen or attempt to come out, discard the loose portion and rinse area **gently** with mouthwash. There is no need to call the office to report this, unless specifically instructed to do so.

Eating instructions

First 7-10 days

You can stay on your regular diet as long as it is not HOT.

You will have stitches, therefore you should not bite down / chew in the surgery area.

No brushing or flossing in surgery area.

** You will need to rinse with Peridex mouth rinse after eating anything to clean out any food that may have entered surgery site. You will be given further instructions at your appointment.

Do not eat or drink anything HOT for at least 1 week after surgery.

**** Once the stitches have fallen out...you are then allowed to eat / brush / floss normally without restrictions. If the area becomes tender / sore, be more gentle in that area for a few more days.**

Special Instructions: _____

