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# Ithaca Oral Surgery and Implant Center

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Diplomate of the American Board of Oral & Maxillofacial Surgery  
Not a NY Article 28

## **Post op instructions after exposure and bonding of impacted tooth:**

**Bleeding:** Generally bleeding will be minimal; you may have slight oozing up to 24 hours; Gauze pressure is usually sufficient; call us if bleeding is excessive.

**Swelling:** Usually also minimal but this can be controlled with ice for up to 3 days. Usually, a soft ice pack or gel pack is sufficient 5 minutes on, 10-15 minutes off, as much as possible. Always protect the skin from freezing with a cover like a towel.

**Diet:** Soft diet is advisable; plenty of fluids but avoid extremes in temperatures such as hot food. Keeping up with nutritious meals also helps (boiled carrots, multivitamins, power shakes, sweet potatoes, etc). Don't eat things directly over the chain(s).

**Pain:** Ibuprofen or Aleve can be used every 6-8 hours for the first 2 days and is advisable if you need additional pain relief, a narcotic may be prescribed such as hydrocodone use this as Dr. Noren has directed you. If pain is excessive, please call us we might want to see you.

### **Oral Hygiene:**

Keeping your mouth clean everywhere and near the surgical site is essential. Brush your teeth gently, rinse with warm salt water 4-6 times daily the day after surgery (1/2 teaspoon salt in a large glass of water of warm water). The cleaner your mouth, the better the healing will be. Be very gentle around the surgical site and do not touch it with your fingers (you can contaminate it).

**Activity:** The day of surgery should not include heavy physical activity. If throbbing starts after activities within the first 3 days, that is a sign to rest and heal. Plenty of sleep is necessary for healing.

**Questions?** Call us at (607)273-0327 if after hours call Dr. Noren at (607)339-5399

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