

MICHAEL J. GRAU DMD, PSC

ROOKWOOD TOWER

3805 EDWARDS ROAD, SUITE 160

CINCINNATI, OH 45209

Telephone (513) 321-9627

- 1.) **Bleeding:** To stop/decrease bleeding, bite down comfortably on gauze. Change gauze every 30 minutes.
- 2.) **Rinsing:** Gently rinse with mouthwash or salt water 3 hours after surgery. Do not brush teeth until the day after your surgery.
- 3.) **Eating/Drinking:** Eat only soft foods until your soreness subsides.
- 4.) **Dryness:** Use chap-stick around the corners of the mouth as needed.
- 5.) **REST!** Do not strain yourself after surgery. Due to the effects of general anesthetic and/or narcotic medications, you should rely on a second party to assist you on your first day of recovery.
 - Request assistance when you need to move around or walk.
 - Do not make important decisions on the first day, as your judgement may be cloudy.
 - Do not drive or operate machinery on the first day.
- 6.) **Medication:** Start on prescribed/suggested medication while you are still numb. Please take medicines as directed, as altering the dose could be harmful.
- 7.) **Birth Control:** Antibiotics may interfere with birth control pills. Consult your physician for instructions for birth control.
- 8.) **Stitches:** Stitches will come out/absorb on their own. In the instance that a non-absorbable stitching was used, an appointment will be scheduled so the doctor may remove them.
- 9.) **Nausea:** *If you are diabetic and experiencing nausea, contact the office immediately.*
- 10.) **Post-Ops:** Your doctor will inform you if he believes a post-op visit is necessary, and you will be scheduled accordingly. Otherwise, patients may return for care if and when they experience problems. We are always happy to accommodate your needs and are here to help.
- 11.) **Pain:** Soreness after surgery is to be expected. After the first 2 days, you should start to feel progressively better. Should your pain level become increasingly more intense, *please contact the office.* Below are other factors you may experience:
 - **Swelling** – May occur but should decrease after the first 3-4 days. *It should not recur.*
 - **Sockets** – Appear as open holes but eventually close. The healing process may be quick or take more time, depending on the patient, oftentimes healing from the inside out.
 - **Gums** – This tissue may feel loose or may move when you eat but will tighten in several weeks.
 - **Swallowing**- *You should not have trouble swallowing.*
 - **Back/Neck Pain** – *You should not have unusual back or neck pain.*
 - **Stiffness** – Should slowly decrease over 7 days. *Jaw tightness should not get worse.*
 - **Numbness** – Effects of Local anesthesia should be gone by the next day. If you are still feeling numb, *please call the office.*
 - **Recuperation** – Once you are feeling better, you should stay that way. *Any regression to past symptoms should be reported to the office.*