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## Immediately Post-Surgery

**BLEEDING:** Bleeding is normal, however, to help control the bleeding it is important that you keep firm, continuous pressure with a gauze (you may need one or more pieces folded up to create the needed pressure, especially if you are missing the opposing teeth). Keep the gauze pad in with firm pressure for at least 30 minutes. Do not check the gauze sooner than 30 minutes as this may tear the clot and induce more bleeding. After changing the gauze out 3 times (90 minutes), if you do not feel the bleeding has slowed, please try a moistened tea bag (no green tea), as the herbs may help allow the clot to stabilize. Everyone's experience is different, and a slight ooze or rosy colored saliva may persist for up to 24 hours after treatment (especially once you resume brushing and rinsing). If you experience profuse or continuous bleeding, please call our office immediately.

**DISCOMFORT:** Discomfort can be expected after surgery. The numbing medicine (local anesthesia) that was provided during treatment may last from 1-4 hours after treatment. Once the local anesthetic begins wearing off (you may feel a tingling sensation), begin taking pain medication on board to help decrease post-operative discomfort. We recommend starting with 600mg (three 200 mg tablets) of over-the-counter Motrin, Advil, or Ibuprofen every 4-6 hours, per the doctor's recommendation. After that, you may supplement with regular or extra strength Tylenol (acetaminophen) between doses of Motrin, Advil, or Ibuprofen. If you are having severe discomfort, you may take your prescribed pain medication as directed.

- If you are taking a blood thinner you should not take Motrin, Advil, or Ibuprofen
- All medications should be taken with food in your stomach. Do not take medications on an empty stomach.

**SWELLING:** Discomfort and swelling go hand in hand. Minimizing swelling will help to minimize discomfort. Peak discomfort and swelling are generally 2-4 days after treatment. To help reduce swelling, keep your head elevated with an extra pillow or towel while resting. Do not lay flat, as this will increase swelling and discomfort. Motrin, Advil, or Ibuprofen (600mg) should be taken every 4-6 hours, per recommendation. This is not only to help reduce discomfort but is also a great anti-inflammatory to keep the swelling to a minimum. Ice the area (20 minutes on/20 minutes off while awake) for the first 72 hours (3 days). This will help keep the swelling to a minimum. After the third day, use a moist heat compress on the area with massage and stretching to help get the jaw muscles.