

Post-op Care for Expose and Bond

After surgery you may notice a gold chain attached to the orthodontic wire (if braces placed prior to procedure) or attached to the adjacent tooth. Your orthodontist will use this chain to help maneuver this tooth into its correct position.

Oral Hygiene

Mouth cleanliness is essential to good healing. Make sure to clean your mouth thoroughly after each meal. Brush your teeth as best you can.

Bleeding

The best way to stop bleeding is to place a damp piece of gauze in the mouth and gently bite for 30 to 60 minutes. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

Swelling

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours.

Diet

Drink plenty of fluids and eat soft foods on the day of surgery. While numb, patients should avoid hot liquids and foods. After numbness subsides, patients can progress to solid foods, chewing away from the surgical sites.

Activity

For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated.

Pain

You should begin taking pain medication while still numb. Two to three tablets of Ibuprofen (200mg) may be taken every 4 hours as needed for pain. For moderate pain, 1 or 2 Ibuprofen (Advil, Motrin) may be taken every 4 hours. Tylenol or Extra Strength Tylenol may be taken instead of Ibuprofen. For severe pain, the prescribed medication should be taken as directed.

Foods to Drink and Eat while numb

Drinks (NO STRAWS)

Water

Juice

Ice Chips

Popsicles

Milkshakes

Eat

Jell-O

Pudding

Yogurt

Add Soft Foods When Numbness is Gone

Mashed Potatoes

Pasta

Eggs

Pancakes

Creamed Cereals/Oatmeal

Soups (be careful – not too hot)

Increase Diet as Tolerated