



ASSOCIATED  
ORAL & MAXILLOFACIAL  
SURGEONS

Robert J. Busch, D.M.D., M.D.    Larry D. Otte, D.M.D.

Nathan D. Schroeder, D.M.D., M.S.

## **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.

**(over)**

## **Pain**

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend taking this prior to local anesthetic wearing off. Take Ibuprofen and the pain medication if pain is severe together every 4-6 hours. If the discomfort is tolerable, you may take Ibuprofen and Tylenol together for the first 24 hours (Ibuprofen dosage may vary for younger patients. Please reference the bottle for appropriate dosage based on height and weight). The prescribed pain medication will make you drowsy. All medications should not exceed the recommended dosage.

## **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**

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