



Great Lakes Dental Solutions

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Patient Care Instructions

- Please do not chew until anesthesia wears off as you may bite your lips or cheeks. Anesthesia should wear off in 3-4 hours
- Place wet gauze as shown to you for 30 minutes. Replace wet gauze every 30 minutes for at-least 2 hours or until bleeding almost stops. Pressure stops bleeding.
- Apply ice / cold pack 10 minutes on and 10 minutes off for next 2-3 hours to help reduce swelling
- Oozing may occur and is normal during first 2-3 days. If bleeding persists, place wet tea bag or call us or go to Emergency Room
- Do not spit or suck using a straw
- Do not smoke for at-least 3 days
- Do not consume alcohol or soda or any carbonated beverage for 1-2 weeks
- Do not consume hot liquids and hot foods for 24 hours
- Do not apply any heat to the area including face coverings during first 24 hours as you may swell up
- Take pain medication within the first hour or prior to anesthesia wearing off
- You may eat room temperature or cold and soft foods like jello, ice cream, mashed potatoes, noodles, yogurt, pudding, after numbness wears off completely, usually in 3-4 hours
- Avoid nuts, chips, sunflower seeds, popcorn, etc as this may irritate the area
- Do not brush in the area, however you may brush other teeth and rinse gently, no hard spitting as this will blow out the clot
- After food, flush with water and plastic syringe, do not insert tip inside
- Stitches may come loose after few days, if no bleeding present then you are ok to wait until we remove them
- Bruising if it occurs - will resolve in 7-10 days
- Eat prior to consuming medications
- Discomfort and swelling may occur and should resolve in 3-4 days
- Do not exercise or lift heavy objects for 72 hours after surgery
- Your jaw may become stiff, try opening and closing your mouth to stretch jaw muscles after 3 days

- **Sinus care precautions** - Do not forcefully blow your nose for at least two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage, also sneeze with your mouth open to reduce pressure. Use OTC nasal decongestants such as Sudafed

- **AFTER 24 hours** - you may use warm salt water rinse and or any nonalcoholic mouth rinse. Orajel - topical numbing gel over the counter at Walgreens / Walmart may be applied 3-4 times per day to reduce soreness

- Narcotic pain medication can make you drowsy, so do not drive or operate any machinery
- Please call us if any lip or face numbness persists after 24 hours
- If you feel sharp edges in the surgical areas, please call the office
- If any medication causes allergic reactions, please stop the medication and go to Emergency Room
- Please contact us if you have any questions or concerns