

Dr. Jared Dye, DMD

Dr. David Omole, DDS

Southwind Oral & Facial Surgery & Implant Center

Post-Op Instructions: Surgical Exposure and Bracket

- Do not pull your lip up around the surgical area. This could put too much tension on the tissue and stitches and delay the healing.
- Be careful about not biting the surgical site or areas that may be numb for several hours.
- Avoid overfatigue and get adequate rest. Avoiding sports, exercise, and strenuous activity for at least 2–3 days is generally recommended.
- Swelling is normal after surgery and is a major cause of post-surgical discomfort. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum.
- You may experience some mild bleeding from the surgical site and your saliva may be blood-tinged. Some pain or soreness for a couple of days is normal.
- Our surgeons usually use the dissolvable type of sutures/stitches that fall out between 5-7 days after surgery. Sutures are placed in the area of surgery to minimize post-operative bleeding and to help to heal. Sometimes they become dislodged. This is no cause for alarm—just remove the suture from your mouth and discard it.
- Mouth cleanliness is essential to good healing. Clean your mouth thoroughly after each meal beginning the day after surgery. Brush your teeth as best as you can while being careful around the area of surgery.
- A soft food diet is recommended for the first 24 hours. Avoid eating hard, crunchy or sticky/chewy foods.
- It is important to drink fluids after your surgery. Start with clear liquids, such as water, apple juice, tea, or broth.
- If your surgeon has attached a small gold chain to the impacted tooth, it is essential that your orthodontist activates the chain within the first week or two after your surgery. If this chain becomes dislodged from the tooth, please contact our office as soon as possible to have the chain replaced.

Wichita Location:

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Hutchinson Location:

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