

SCOTT L. THATCHER, D.D.S., V. RUSSELL BOUDREAU JR., D.D.S.,

ORAL AND MAXILLOFACIAL SURGERY

INSTRUCTIONS FOLLOWING BONDING

1. You may notice a small wire protruding from the wound. **Do not disturb this wire.** It is connected to the bonded tooth. If lip or gum tissue becomes irritated, call the office for an appointment to have the wire adjusted.
2. MOUTH RINSE / HYGIENE: Do not rinse the mouth within 24 hours after surgery. After this time, use 1/2 teaspoon of table salt in glass of warm water or diluted mouthwash and rinse gently. Do not swish vigorously, as you may disturb the blood clot which is vital to healing. Continued proper oral hygiene is imperative. If possible, the mouth should be rinsed 6 times a day for the following 4 days. If bleeding is excessive, thoroughly rinse the mouth and remove all masses of clotted blood. These hanging clots tend to increase the bleeding. Remain quiet and Keep head elevated.
3. Use Vaseline or any bland ointment 3 times daily if necessary for dry lips.
4. PAIN - **See Post Operative Pain & Medication Management Page attached.**
5. ACTIVITY: Over exertion for the first 2-3 days can cause throbbing pain as well as bleeding.
6. DIET: Do not drink through a straw for drinking for the first 48 hours. Soft, bland, room temperature to cold foods, nothing hot, spicy, hard or crunchy is advisable for the first 24 hours and work toward a regular diet as soon as possible. You can chew on your good side and avoid sticky foods around the bracket/bonding area.
7. SWELLING: Following your oral surgery you can apply an ice bag or cold packs to your jaw for 20 minutes and remove for 20 minutes as frequently as possible for the next 24 hours. We strongly suggest elevating the head by resting in a recliner chair or placing at least 2 pillows under the head during sleeping or waking hours. The swelling peaks in 48 hours and then slowly recedes.
8. SMOKING No smoking for at least 48 hours.
9. IN CASE OF UNUSUAL PAIN, SWELLING, OR BLEEDING: Call the office promptly with any questions or concerns. When calling after hours, please listen to the voicemail to get the information for the doctor on call. Please keep your phone line free for a return call.

(513) 521-0110 Finneytown, (513) 755-3500 Liberty Township, (513) 771-4080 Springdale

**CALL FOR
POST OP APPT. 5-10 DAYS**

AS NEEDED

Post Operative Pain & Medication Management

Patients taking medications to relieve pain or other drugs that may slow reflexes should not operate machinery, cars, etc. while taking these drugs. Antibiotics should be taken as directed until the prescription runs out. If you were given a prescription for an antibiotic, it is very important that these be taken as directed until they are completely gone.

To decrease the number of narcotics our patients are being exposed to, we advise our patients to alternate Ibuprofen and Acetaminophen. Ibuprofen, Advil, and Motrin are all the same medication as are Acetaminophen and Tylenol.

We have our adult patients take 800 mg of Ibuprofen every 6 hours and 1000 mg of Acetaminophen in between doses of Ibuprofen. Patients are not to exceed 3200 mg in a 24-hour period of Ibuprofen or 3000 mg in a 24-hour period of Acetaminophen. Patients under the age of 12 should be given age and weight appropriate doses of Ibuprofen & Acetaminophen.

If you are unable to control pain with this regimen, we suggest adding the narcotic pain medication if one was prescribed. If you decide to take the narcotic, please stop taking the over-the counter Acetaminophen. Most narcotics already have Acetaminophen in them. However, you should continue the Ibuprofen as this will help with the pain management and inflammation.

While taking the narcotic pain medication, patients **cannot** drive, operate heavy machinery, or sign legal documents. Please be sure to eat before taking any medication.

If you are on a blood thinner (excluding aspirin) DO NOT take Ibuprofen.

Avoid alcoholic beverages.

If you have any questions, please do not hesitate to call.

www.cincinnati-oral surgeons.com

Prescriptions

Antibiotic: _____

Pain Medication: _____

Steroid: _____