

EXPOSE & BOND

POST-OP INFORMATION





WHAT KIND OF BLEEDING WILL I EXPERIENCE?

Some oozing of blood may be expected from the surgical site for the first few hours. Your saliva may be tinged with blood for the remainder of the day. It is okay to tuck gauze into the mouth if the oozing is bothersome. Biting down on gauze could jeopardize the bracket that was placed and should be avoided.

WHAT KIND OF DISCOMFORT WILL I HAVE?

Your jaw and lips may remain numb for several hours. You should begin taking the Ibuprofen for discomfort while you are still numb. If you should begin to experience more than mild discomfort, you may supplement the Ibuprofen with the prescribed pain medication. If this is not sufficient, please contact our office.

WHAT CAN I EAT?

Patients who have been sedated should not have anything to eat or drink, including water, for several hours after surgery. Begin with cool, soft foods on the first day of surgery. It is very important that you do not bite into anything. This pressure could break the bracket. You should use your back teeth for all chewing until tooth is exposed.

WILL THERE BE SWELLING?

Swelling can be minimized by keeping your head elevated, (by using two pillows when lying down) and placing ice packs over the surgical areas at 20 minute intervals (20 minutes on / 20 minutes off) during the first 48 hours and taking the Ibuprofen as prescribed. It usually takes approximately 3-4 days before all swelling is apparent.

CAN I DRINK OR SMOKE?

Smoking should be avoided. Alcoholic beverages should also be avoided for 2 weeks. Smoking and alcohol consumption will affect healing and jeopardize the success of the surgery.

ORTHODONTIC BRACKET & CHAIN: *Do not chew or bite on the orthodontic bracket or chain.*