

MINOR ORAL SURGERIES- FRENECTOMY, BIOPSY
(POST OPERATIVE)

You have just had an oral surgery procedure. It involved cutting some of the soft tissue in your mouth and either removing, or repositioning it. It is important that you know how to best take care of this area for fast, healthy healing.

IMMEDIATELY AFTER SURGERY:

BLEEDING: Using firm pressure, keep the gauze pad over the wound for the first two (2) hours. If bleeding seeps through the gauze pad, replace the gauze pad. Fold gauze, moisten with warm water, place over extraction, and bite with pressure. A slightly moistened tea bag may be used instead of the gauze provided the bag is not allowed to tear. **YOU MAY NOT SMOKE FOR A MINIMUM OF 72 HOURS FOLLOWING SURGERY.** Smoking causes prolonged blood loss and will delay healing.

**BRUSHING/
RINSING:**

YOU MAY NOT RINSE FOR THE FIRST DAY OF SURGERY or until twelve (12) hours have passed since the bleeding has completely stopped. After this point (usually the following day), you may rinse with salt water (8 oz. warm water with 1 tsp. salt) four to five (4-5) times a day for one (1) week. **YOU MAY NOT BRUSH THE AFFECTED AREA FOR THE FIRST 24 HOURS AFTER SURGERY.** You may commence careful oral hygiene the day after surgery provided the bleeding has stopped. Brush your teeth using a soft toothbrush and toothpaste. Avoid brushing the surgical site until the day following the surgery. You may then brush gently to remove food debris. Keeping your mouth clean is the best way to fight infection.

SWELLING: This is normal and expected to reach its maximum in forty-eight (48) hours. It should then decrease over the next five (5) days. You may soothe this area by applying ice-cubes or frozen peas in a clean towel/cloth in a twenty (20) minute ON- twenty (20) minute OFF cycle. **DO NOT APPLY HEAT TO THE AREA FOR THE FIRST 24 HOURS** as it will increase the swelling. On the second day, you may apply moist heat to the affected area. At this stage, it decreases the swelling and improves the circulation. A hot water bottle wrapped in a fine, clean towel/cloth is ideal.

MEDICATION:

1) Dr. Paliani has prescribed _____
for pain control
Take _____ tablet(s) IMMEDIATELY
Take _____ tablet(s) EVERY _____ HOUR(S) for _____ DAY(S)
Take _____ tablet(s) EVERY _____ HOUR(S) THEREAFTER for
a maximum of _____ DAY(S) as needed for pain relief.

Pain tablets should be taken with food or milk. If you are feeling excessive pain forty eight (48) hours after surgery, or are experiencing any extreme symptoms, please do not hesitate to call our office.

2) Dr. Paliani has prescribed _____
to prevent infection.
Take _____ tablet(s)/capsule(s) every _____ hour(s) until completed.
Please take medication as prescribed. It is especially important to
take antibiotic medication to completion. **DO NOT ALTER, INCREASE, OR
COMBINE DRUGS UNLESS TOLD TO DO SO.**
DO NOT CONSUME ALCOHOLIC BEVERAGES WHILE ON

MEDICATION.

- STIFFNESS:** Do not try to force your jaw open for the first few days. When the muscles have healed sufficiently, they will open willingly. You may begin to gently massage your jaw on Day 2 or 3 following surgery.
- FOODS:** Eat easy-to-chew foods that aren't extremely warm, or cold. Eggs, pasta, lettuce, cheese, yogurt, bananas, rice, pudding, and juices are all good options. You may drink cool to luke-warm liquids immediately following surgery if you wish. **DO NOT USE A STRAW.**
- NAUSEA:** Some people may experience nausea due to the surgery or the pain medication. This may be relieved by any of the following:
- 1) ensure the pain medication is taken with food or milk, or with an antacid (eg. *Maalox*)
 - 2) drink one-half (1/2) glass of water with one (1) tsp. baking soda added
 - 3) decrease the pain medication dosage upon consulting Dr. Paliani if the pain is tolerable
 - 4) take medication for nausea (eg. *Gravol*)
- BRUISING:** Occasionally, the skin may show some bruising or discoloration. This should disappear in one (1) week. It is not medically important and no treatment is necessary.
- STITCHES:** Stitches (sutures) may have been placed and you will be notified. These will resorb (disappear) on their own within 3-5 days.
- EMERGENCIES:** Do not hesitate to call our dental office at anytime if you have any questions or concerns. If you have any problems after hours, you may contact Dr. Paliani at home.

OFFICE: (519) 434-2331

HOME: (519) 850-7880

We look forward to seeing you in one week for a follow-up appointment to check your healing. Take care of yourself and get lots of rest. We wish you a speedy recovery.