

## **Post-Operative Instructions Following Expose and Bond Surgery**

**Wound Care:** Do not disturb the surgical areas today. Do NOT rinse vigorously or probe the areas with any objects. **SMOKING** is detrimental to healing of the sites.

**Swelling:** Swelling is often associated with surgery. Use cold packs packet in a towel and apply to the face adjacent to the surgical site. Apply for 20 minutes off and on for the day of the surgery.

**Pain:** Most procedures in the mouth are accompanied by some degree of discomfort. Your doctor may prescribe a pain medication for you depending on the difficulty of the surgery. Most cases can be managed with over the counter pain medication. If you take the first pill before the local anesthetic has worn off you should be able to better manage any discomfort. Some patients find that the stronger pain medicine causes nausea, but if you take the pain pill with a small amount of food your nausea will be reduced.

**Diet:** Mostly soft and mushy food will be fine. Don't eat at the surgical site, and don't chew there especially before the local anesthesia wears off.

**Mouth Rinses:** Do not rinse on the day of your surgery. Keeping your mouth clean after surgery is essential. Use 1/4 tsp. salt in an 8 oz. glass of warm water and gently rinse 4 times daily.

**Brushing:** Begin your normal oral hygiene routine. Soreness and swelling will not allow normal brushing, but avoid the surgical area at first. You can also run your tooth brush under hot water and create softer bristles so you can brush the surgical site very carefully to not snag on the chain or attachment to the arch wire.

**Medications:** You might be given prescriptions for antibiotics and pain medications. Use as directed.

**Sutures:** Most will fall out on their own unless you are directed to come back for a follow-up. Just ignore them. If there is a suture used to attach the chain to the arch wire your orthodontist will remove it.

**Orthodontist visit:** Please schedule a visit with your orthodontist within two weeks of the surgery. They will continue to activate the chain on the tooth and bring it in.