



Post-Operative Care for Expose & Bond

Please avoid manipulating the chain which is secured to your orthodontic wire or appliance. You should have an appointment with your orthodontist to activate the chain within approximately 10-14 days of your surgery, or otherwise instructed by your orthodontist.

After surgery you may notice a gold chain attached to the orthodontic wire (if braces placed prior to procedure) or attached to the adjacent tooth. Your orthodontist will use this chain to help maneuver this tooth into its correct position.

Immediately Following Surgery

- The gauze pad placed over the surgical area should be kept in the surgical site applying pressure.
- Do not chew on the gauze.
- Change gauze every 20-30 minutes until _____. Please discontinue gauze past this time.
- Eat and start pain medicine by _____. Also begin 800 mg of ibuprofen every 4 hours.
- If you received an antibiotic, please start it tonight.
- Use the provided ice packs to apply ice today and tomorrow. Switching to heat on the 3rd day.
- The gel pack may be heated in the microwave for 30 seconds at a time.
- Vigorous mouth rinsing and/or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic becoming diminished.

Oral Hygiene

Mouth cleanliness is essential to good healing. Make sure to clean your mouth thoroughly after each meal. Brush your teeth as best you can. Be sure to gently rinse with a teaspoon of salt in 8 oz. of warm water to keep your mouth clean. This is especially important after meals.

Bleeding

The best way to stop bleeding is to place a damp piece of gauze in the mouth and gently bite for 20-30 minutes. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

Swelling

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 48 hours

Diet

Drink plenty of fluids and eat soft foods on the day of surgery. While numb, patients should avoid hot liquids and foods. After numbness subsides, patients can progress to solid foods, chewing away from the surgical sites.

Pain

You should begin taking pain medication before the local anesthesia wears off. Two to three tablets of Ibuprofen (200mg) may be taken every 4 hours as needed for pain. For moderate pain, 1 or 2 Ibuprofen (Advil, Motrin) may be taken every 4 hours. Tylenol or Extra Strength Tylenol may be taken instead of Ibuprofen. For severe pain, the prescribed medication should be taken as directed.

We hope that your recovery will be smooth and pleasant. Following these instructions will assist you, but if you have questions about your progress, please call the office. A 24-hour answering service is available. Calling during office hours will afford a faster response to your question or concern.