



**DR. DAVID RUSHKA INC.**  
**GENERAL DENTISTRY**

**POST-OPERATIVE INSTRUCTIONS**

Bite firmly on the gauze pack that has been placed in your mouth for at least 45 minutes. After this time, it can be removed and a replacement put in place if there is still some oozing.

Avoid the three 3 S's – spitting, smoking, and sucking on straws. All of these actions create a suction in your mouth, which can cause the blood clot to come out.

**Bleeding:**

1. There will be some oozing of blood overnight, so don't be surprised to find a blood stain in the morning, and use an old pillowcase tonight.
2. If bleeding starts again, place a moist gauze pack in the area and bite on it continuously for 45 minutes. After this time check if the bleeding has stopped. If it has not, repeat the procedure with a moist tea bag, and if after an additional 45 minutes it has not stopped, please call me at the number below.
3. It may help to sleep with your head slightly elevated.

**Discomfort:**

1. Take the pills recommended or prescribed as directed on the label. If no prescription or recommendation has been given, the best medication is Advil (Ibuprofen). Take 3 pills as soon as possible (before the freezing wears off), then 2 pills every 4 hours for the first 48 hours. After this time, you can take 2 pills every 4-6 hours as you need for discomfort.
2. Do not drive or drink alcohol when taking a prescription pain medication.

**Diet:**

1. It is important to take in a large volume of fluids, but avoid drinking through a straw.
2. You can eat whenever you feel ready, but try to keep food out of the surgical sites, and cold, soft foods are usually the best on the first day.

**Mouth care:**

1. Do not rinse your mouth until 8 hours after the surgery, and do not brush your teeth until approximately 24 hours after the procedure, being careful to avoid the surgical site.
2. Starting after lunch the following day, rinse your mouth with salt water. Use approximately ½ teaspoon in an 8 ounce cup of warm water, and rinse for 60 seconds. Continue this after every time you eat (or about every 6 hours) for 7 days after the procedure.

**Swelling:**

1. Swelling is a normal body reaction, and increases for about the first 48 hours after surgery, with the worst at approximately 48 hours. After this time it starts to recede. If the swelling keeps getting larger after about 72 hours, or is accompanied by a discomfort and/or bad taste and/or smell, please call to be seen at the office during regular hours.
2. Applying ice packs over the site(s) may help with swelling, but only for the first 8 hours. Use the ice packs on the site for 20 minutes then off for 20 minutes.

**Rest:** Avoid strenuous activity for the first 24 hours after the procedure.

**Stiffness:** After the procedures, you may experience jaw muscle stiffness and/or limited opening of your mouth. This is normal and will improve, usually within 5 to 10 days.

IF, FOR ANY REASON, YOU ARE CONCERNED ABOUT YOUR CONDITION, NOTIFY DR. RUSHKA IMMEDIATELY BY CALLING EITHER OF THE FOLLOWING NUMBERS:

250-374-3353 This is Dr. Rushka's office telephone.

250-374-7547 This is Dr. Rushka's home telephone.