

Instructions Following Exposure and Bracket Placement **Daleyoms.com**

After your procedure please do not disturb the area. Avoid forcefully rinsing or spitting. Do not drink through a straw.

Some bleeding is normal for the first 24 hours. Biting on a gauze pad placed directly on the wound for 30 minutes will help reduce bleeding. If bleeding continues please call our office. Please **take all medications, including mouth rinses, as prescribed.**

After 24 hours, warm salt water rinses (one teaspoon of salt in a cup of warm water) can be used 4-5 times a day after meals. After 24 hours, brush your teeth with a soft manual toothbrush. Be gentle with brushing the surgical areas.

Sutures will be placed after the surgery and some WILL NOT dissolve on their own. Some exposures require a LASER in order to control bleeding. It is imperative you refrain from rubbing or manipulating the surgical site in anyway to avoid re-bleeding or ripping the sutures. One of the sutures may be holding a gold bracket and will be attached to your wire on your braces.. The gold bracket is similar to a brace that your orthodontist place on a normal tooth.

The area around the tooth that is exposed will heal like an ulcer which usually takes 10 – 14 days. Tenderness will taper off within that time period. The area may look white or yellow and this does not mean that it is infected. Keep it clean with salt water rinses.

Swelling and bruising may occur. The use of ice packs following your surgery will help diminish the swelling you may experience in the first 48-72 hours following surgery. Applying ice for 15-20 minutes followed by resting the same amount of time works very well. After 24 hours if swelling is until present, a warm pack can be applied to aid in comfort and reduce swelling and bruising. Alternate the warm pack on and off in 15 minute intervals, as needed.

Drink plenty of fluids. Stay away from spicy foods. Also avoid sharp and crunchy foods like tacos, chips and nuts. Tobacco and alcohol should not be used 24 hours following surgery. Alcohol should not be used in combination with pain medications nor antibiotics.

Keep physical activities to a minimum immediately following surgery.

During office hours, immediate attention will be given to your situation, and you will be seen as soon as possible. After office hours, please give the office call and follow the instructions provided. Your call will be returned as soon as possible. If you are experiencing a serious or life threatening emergency, always please call 911 or visit the nearest emergency room.

Springfield 1050 Baltimore Pike, Springfield, PA 19064 **610-544-5251**

Drexel Hill 2300 Garrett Rd, Drexel Hill, PA 19026 **610-623-4211**

Newtown Square 3501 West Chester Pike, Ste 100, Newtown Square, PA 19073 **610-353-1404**