

Post Operative Instructions for Wilckodontics Surgery

1. MEDICATION

If any adverse reaction to medication is noted, discontinue use and call the office as soon as possible.

2. INVISALIGN TRAY

Bring in next set of trays to your 3-5 day post-operative visit if using Invisalign

3. TOOTHBRUSHING AND RINSING

Rinse with hydrogen peroxide the night of surgery and then twice each day for the next two days to help loosen any blood clots. Start brushing teeth with a manual toothbrush the morning after surgery avoiding the gum line. Use the red toothbrush given at surgery with perioscience gel on the gum line twice each day for two weeks. Do not use floss or water pick until further instructed.

4. SWELLING

Expect swelling and bruising following the procedure. You may use an ice pack applied with light pressure on the outside of the face for up to two days following the surgical procedure.

5. BLEEDING

Expect a small amount of blood in your saliva. If bleeding cannot be managed, please give us a call.

6. EATING

For the next few weeks following your procedure, it is safest to favor soft foods (soup, yogurt, applesauce, pasta, etc.). Avoid hard, chewy, or spicy foods (nuts, popcorn, chips, etc.).

7. SMOKING

Tobacco smoke is an irritant to healing tissue and you should refrain from smoking, if possible.

8. ACTIVITY

Do not do any heavy lifting or aerobic exercising for the next 3 days. Try not to make any sudden movements, bending, and strenuous activity. When returning to normal activity, if any pressure or discomfort occurs in the surgical areas, please refrain from activity