



**Dr. Samuel Strauss D.D.S., F.R.C.D. (C)**

**Oral Maxillofacial Surgeon**

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### **Post-Operative Instructions for Exposure**

#### **Bleeding/Gauze Packs**

It is normal to bleed or ooze following surgery. To control bleeding, bite down on gauze for one and a half hours after surgery. Using the supplied gauze, bite down with firm, constant pressure directly over the surgical site. Remove the gauze to eat and drink, but replace immediately. Change the gauze as needed. Once the bleeding is minimal, the gauze may be removed. Ensure gauze is removed prior to going to sleep.

A small amount of bleeding is to be expected for 2-3 days after surgery. Palatal exposures can have a reoccurrence of bleeding 7-10 days after surgery. Please notify our office should this happen.

#### **Diet/Nutrition**

On your arrival home, you may have a soft diet. For the first day, we recommend nothing too hot or too cold. Examples of soft foods are applesauce, pudding, yogurt, mashed potatoes, scrambled eggs, porridge, jello, ice cream, soup (lukewarm), and milkshakes (use spoon; NO straw!) Do not use a straw for 1 week following surgery. Make sure you rinse after eating **STARING ON THE DAY AFTER SURGERY.**

#### **Oral Hygiene**

The day following your surgery, you may begin oral rinsing and gently brushing the bracket with a soft toothbrush. Keep this bracket shiny. Rinse with lukewarm salt water (½ teaspoon of salt in a large glass). Rinse at least 6 to 8 times a day, especially after eating. Please do not use any commercial mouthwashes. If the bracket falls off, please contact your orthodontist.

#### **Stitches**

You may or may not have stitches. Dissolving stitches are routinely used. These will release or dissolve in 1-10 days. Remaining or loose stitches will be removed at your post-operative visit.

**Post-Operative Visits**

Dr. Strauss may or may not ask you to come back for a post-operative visit. Please be sure to make an appointment with your orthodontist within 2 weeks of surgery.

Should you have any further questions, problems or concerns, please call Dr. Strauss at 416-488-4225 or call him directly at 416-402-6200.