



Post-Operative Home Care Instructions for Bracketing:

In conjunction with your orthodontic treatment, the doctor has exposed a tooth or teeth that were impacted under the soft tissue. After exposing each tooth, the doctor placed a gold orthodontic bracket with a wire or elastic chain attached. To care for and facilitate the proper healing of this area, be sure to follow the following instructions:

- You may eat or drink anything that you like or can tolerate. This includes milk products, soft foods, juices and soda pop. Increase liquid intake while maintaining adequate food intake.
- Do not chew or take in hot liquids until your numbness has subsided.
- Use prescription medicine for the pain as soon as you get home, then as directed on the prescription. Be sure to take the pain medication with liquids.
- There may be swelling for up to 7 days. The swelling should begin to subside by the end of the 5th day. Swelling will be greater on the second day than on the first. Swelling may be greater upon arising in the morning each day. You may experience some facial bruising.
- Use no heat on the outside of your face. Ice may be used, but the effect on swelling past surgery may be minimal if used. Discomfort may be lessened by the use of ice.
- Inability to open mouth wide is normal for 4-5 days past surgery.
- Blood tinged saliva can be expected during the first 24 hours. Hold the gauze pack over the wound until you get home. Use gauze pads with biting pressure, changing when saturated and discontinue use when bleeding stops. Periodic blood tinged saliva can be seen during the week following surgery – especially when eating and brushing teeth.
- Sutures placed during surgery will dissolve by themselves unless you are told otherwise at the time of surgery. Sutures are sometimes prematurely lost following surgery but this is not a problem.
- You may brush your teeth – avoiding the surgical sites.

The Important DO NOT List:

DO NOT MIX ALCOHOL AND DRUGS

Alcohol also increases the possibility of prolonged bleeding.

DO NOT use straws

DO NOT spit

DO NOT rinse mouth for 24 hours following surgery

DO NOT do any heavy exercise or lifting for 4 days past surgery if you received an intravenous injection (IV). Rest arm whenever possible. You may remove the band-aid at home.

NO nuts, popcorn, granola or seeds for 1 month

NO SMOKING FOR 24 hours

Complications:

The following are regarded as complications. You should contact us as soon as possible if any appear.

- Uncontrolled pain or if pain is not improved after 36 hours.
- Marked temperature rise
- Inability to open mouth after 5th day past surgery
- Swelling that persists past 5th day or occurs several days after surgery.
- Any persistent irritation at the IV site

CAUTION: You are under medication. **DO NOT** drive or operate heavy equipment.