

# Uncover and Bracket Post-Operative Instructions

Post-operative care is very important. Please read and follow instructions carefully. If you have questions, don't hesitate to call our office.

- If you have bleeding, a gauze pad should be placed directly over the surgical site and should be kept in place for a half hour/hour at a time by biting firmly on the gauze. The less you disturb the area the better. Discontinue using gauze when it comes out light pink or clean. Remove gauze when you eat and drink. Re-apply when finished, only if needed.
- If you were given any prescription, **please take all prescriptions as directed.**
- Cool, soft foods are recommended the day of your surgery. Avoid hot foods or hot liquids until the numbness is gone. Once the numbness has won off you may have whatever you are comfortable eating. Use your good judgement; certain foods might cause discomfort (hard, crunchy or chewy foods).
- If your doctor has placed sutures, they will dissolve on their own within 3-7 days.
- There will be a black suture attached to the bracket and chain. This is to assist your orthodontist with treatment.
- Good oral hygiene is essential to good healing. Brush your teeth, being very gentle around the surgical site.
- No rinsing for the first 24 hours. After that you can rinse gently with the Peridex rinse (as prescribed) for the next 5 days. Feel free to use a warm salt water rinse as you wish in-between the Peridex rinsing.
- It is normal for your teeth to feel loose after this type of procedure.
- If the chain becomes loose or comes off please call our office.

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