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Post-Operative Care

Wound Care:

- Bite *firmly* on gauze that has been placed 2 hours then remove *gently*
- If bleeding continues, place a damp gauze directly over the area and bite *firmly* for 30 min, keeping your head elevated
- It is normal to have blood from the surgical area; do not be alarmed to find possible blood stains on your pillow in the morning
- Do not spit or suck through a straw, this promotes bleeding
- Do NOT smoke for 12 hours, this promotes bleeding interfering with healing

Swelling/Bruising:

- It is normal for swelling to occur around the surgical area
- Swelling will peak about 48 hours after surgery and usually lasts 4-6 days
- Applying ice packs over surgical area for 12 hours helps control swelling and may minimize it (5 min on/ 5 min off)
- Mild bruising around surgical area is normal and will disappear in 7-14 days after surgery

Discomfort:

- Some discomfort is normal after surgery. It can be *controlled* but NOT eliminated by taking the medication your dentist has prescribed
- Take medication for pain after a small meal and with a whole glass of water to prevent nausea

Medication:

- Be sure to finish antibiotics to prevent infection
- Do NOT consume alcohol while taking medication

Diet/Rest:

- It is important to drink a lot of fluids after your surgery
- Cold, soft foods such as ice cream or yogurt may be the most comfortable to eat for the first day after surgery, then continue with regular meals as soon as possible
- Avoid strenuous activity for 12 hours after surgery

Oral Hygiene:

- Do NOT rinse your mouth or brush your teeth for the first 8 hours after surgery
- After the first 8 hours rinse gently with warm salt water (1/2 teaspoon of salt with 8 oz. of warm water) every 4 hours.
- Brush your teeth *gently* avoiding the surgical area

Stiffness:

- Muscle stiffness in your jaw including limited ability to open your jaw is normal and will improve in 5-10 days

Stitches:

- If stitches were placed in the surgical area, you will need to have them removed in about 2 weeks

Call our office right away if:

- You experience excessive discomfort that cannot be controlled with the prescribed pain medication
- You have bleeding that you cannot control by biting on gauze
- You experience increased swelling after the third day following your surgery
- You experience a fever
- You have ANY questions regarding your surgery

발치후 (수술후) 주의사항

1. 금주, 금연 (2 weeks)
2. 침 빨지 말것
3. 빨대 사용금지
4. 혀 대지 말것 (2 weeks)
5. 소금물로 4 시간 간격으로 양치 (2 weeks)
6. 얼음찜질 (5 mins on and off/ 2 weeks)
7. 진통제 복용 (as needed)
8. 항생제 복용 (5 days/ finish ALL)
9. 부드러운 음식 (1 day)
10. 계속피가나거나이상있을경우 연락하세요

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