

# CENTRE ORAL & FACIAL SURGERY

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## INSTRUCTIONS FOLLOWING REPAIR OF ALVEOLAR FRACTURE AND DISPLACED TEETH

Please read this handout carefully and keep it as a reference for after surgery. Every surgical procedure is different, so not all of the instructions may apply. Common sense will often dictate what you should do. When in doubt, or if you have any questions not addressed below, please do not hesitate to call.

### Wound Care

- **Good oral hygiene after surgery is very important.** Brush and floss your teeth as usual but **avoid the area(s) where the fractured/ displaced teeth and bone were treated.** Make every effort to clean your teeth within your range of comfort.
- Avoid vigorous mouth rinsing or use of water picks for 14 days.
- In some cases sutures are placed. They usually dissolve and fall out within 5-10 days.
- Do not wear night guards, retainers, or splints unless otherwise instructed.
- Eat soft food for the next 10-14 days. **DO NOT CHEW** in the area(s) where the bone and teeth were treated.
- **Do not smoke or use tobacco products. Avoid beverages containing alcohol** for a week after surgery as it can delay wound healing.
- Take all medications as prescribed. Take the time to review any drug information provided to you by your pharmacist. It contains detailed information regarding medication side effects and precautions.

**Please remember that your follow-up visits are very important.**

**Our 24 hour, 7 days a week contact number is 814-235-7700.**

Our web site, [centreoms.com](http://centreoms.com), has additional information that you may find useful.