



## POST-OPERATIVE INSTRUCTIONS FOR EXPOSE AND BOND PATIENTS

**These instructions will guide you through the first few days of recovery.  
All patients heal differently - listen to your body. If something hurts, do not do it!**

### Bleeding is Normal and Expected

- After leaving the office, gently bite on gauze, replacing it with new gauze as needed. Remove gauze when eating or drinking, then replace if bleeding persists.
- Blood (pink) tinged saliva is normal for the first 24-48 hours.

### Numbness Will Last for Several Hours After Surgery

- Begin taking post-operative medications shortly after you arrive home. Follow the medication instructions on the reverse page.
- After numbness has subsided you may add other warm nourishing foods to your diet sticking with soft foods that require limited chewing. This includes soups, scrambled eggs, and mashed potatoes.
- Drinking through a straw IS permitted.

### Dietary Guidelines

- Eat soft, cold nourishing food limiting your intake to liquids, pureed or soft-cooked foods. High-calorie and high-protein meal replacement shakes are recommended to have on hand.
- Stay hydrated by drinking plenty of water.

### Swelling is Normal and Expected

- Swelling will typically peak about 24-48 hours after surgery and will subside within a week.
- During the first 24-48 hours, we recommend applying ice packs to help control bleeding.
- Once the bleeding is under control and swelling begins, you may switch to warm, moist heat to help with discomfort. (Gel packs can be warmed in the microwave for 10 seconds)

### Sutures Will Dissolve Over the Next 7-10 Days

- But sutures may come out as early as the ride home if you move your mouth too much. **They cannot be replaced.**

### Restrict Your Physical Activity 5-7 Days After Surgery

- You may return to work or school as you feel ready, typically 2-3 days after surgery.