

200 University Ave. E
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)
651-299-3928 (TDD)
www.gillettechildrens.org

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:
Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway

651-229-3938

hre@gillettechildrens.com

Postoperative Discharge Instructions for Dental Procedures

patient education
DIS015

Diet

The first meal should be a light soft diet. Drink plenty of fluids and progress to soft foods.

Pain/Comfort

If there is more discomfort than can be controlled with ibuprofen or the medicine the physician has prescribed, call the clinic at the number below.

Some numbness of the lip and tongue may be present. Be cautious when eating and don't chew your lip, tongue or cheek. If numbness persists a full week following surgery, it could last several months. Bring this to the doctor's attention. If more pain exists than can be controlled by Tylenol or the medicine your doctor prescribed, call the clinic.

Site Care

Oozing can persist for three to seven days following surgery. Should bleeding reoccur, place a tailed gauze or wet tea bag on the bleeding site. It should be thick enough to create pressure when the jaws are closed tightly. Bite down for a full 20-30 minutes. Repeat two to three times if necessary. Direct pressure is necessary. Ensure the gauze is placed directly on the point of bleeding. If bleeding persists, call the clinic/dental office. Unless you have been advised otherwise, all stitches placed during surgery will dissolve.

Activity

Rest the day of surgery. Return to your normal routine as you are able.

Urinary

If you are unable to urinate for a period of six to eight hours, contact the hospital as instructed below.

Questions or Problems

If bleeding persists, contact Telehealth Nursing (651-229-3820).