



MICHAEL D. SOCK, DMD, MD, FACS

AFTER EXPOSE & BOND

This procedure is typically done to expose a tooth that is stuck or impacted so that an orthodontist can guide it into the correct position. It's worth noting that specific instructions might vary depending on the patient's individual circumstances, so it's always best to consult directly with the oral surgeon or healthcare provider. Here's a general guideline:

PAIN MANAGEMENT

You may be prescribed pain medication or you can use over-the-counter pain relievers. Follow the instructions given by your healthcare provider for taking these medications.

ICE APPLICATION

Applying an ice pack wrapped in a cloth to the affected side of your face can help reduce swelling. This is often recommended for the first 24 hours after surgery.

DIET

Eat soft foods and avoid anything sharp or crunchy that might irritate the surgical site. You may want to stick to liquids and soft foods for the first few days.

ORAL HYGIENE

Depending on your surgeon's advice, you may be asked to avoid brushing the surgical site for a day or two, but continue to brush and floss the rest of your mouth carefully.

AVOID SUCKING AND SPITTING

Do not use a straw, and avoid spitting, as these actions can disrupt the blood clot that helps the wound to heal.

AVOID SMOKING AND ALCOHOL

These can slow down the healing process.

FOLLOW UP

Attend any follow-up appointments with your oral surgeon or orthodontist to monitor healing and progress. They may attach a small chain to guide the tooth into position over time.

DO NOT TOUCH THE SURGICAL SITE

Keep fingers, tongue, or other objects away from the area.

CONTACT YOUR HEALTHCARE PROVIDER

If you experience excessive bleeding, swelling, or any other unusual symptoms, contact your healthcare provider right away.

RINSING

Avoid rinsing the mouth for the first 24 hours. Afterward, you may be advised to use a gentle saltwater rinse.

PHYSICAL ACTIVITY

Avoid strenuous activity for a few days as it may increase blood flow to the area and exacerbate swelling or bleeding.

AVOID HOT FOODS OR DRINKS

Hot substances may cause more bleeding, so it's recommended to stick to cool or room temperature items initially.

SPECIAL INSTRUCTIONS FOR CHAIN

If a chain was attached to the tooth to guide it into position, follow the orthodontist's instructions for care and cleaning.

1205 LANGHORNE NEWTOWN ROAD, SUITE 201, LANGHORNE, PA 19047

P:215.999.2004 | F:215.999.2008 | OFFICE@SOCKORALSURGERY.COM

SOCKORALSURGERY.COM