



## **“WIGGLE” POST-OP INSTRUCTIONS**

### **The day of the “wiggle”:**

**BLEEDING:** It is normal for the area(s) to bleed during the first 24 hours. This can be controlled by 30 to 45 minutes of biting on a rolled-up gauze sponge over the area(s). After that, the gauze can be discarded. Eating, talking and moving will sometimes restart the bleeding. Simply apply a new piece of gauze, with biting pressure, for 30 to 45 minutes.

**PAIN:** Follow the Dr.’s instructions regarding pain medication. Usually, over-the-counter Children’s Tylenol or Motrin will relieve the discomfort. We recommend a dose to be given before the numbness from the anesthesia wears off.

**SWELLING:** No swelling is expected, unless otherwise noted by the Dr. Check the wiggle area(s) periodically for signs of infection: swelling, pain, excessive redness.  
**NOTE:** watch your child very closely for lip or cheek biting—this WILL cause a severe swelling that is painful. The gauze can be used to help prevent it, even if bleeding has subsided.

**The day after the “wiggle”:** The patient may rinse with warm salt water (1/2 teaspoon of salt in 8 ounces of warm water), 5 to 10 times throughout the day. The patient should brush (with help, if needed) the remaining teeth and maintain the usual amount of soft food and liquid intake.

**If any questions arise, please call us at 504-347-6000.**