



INSTRUCTIONS & INFORMATION FOR POST OPERATIVE SURGERY

Proper care of the mouth following most oral surgery procedures can reduce complications and speed the healing of the area.

Any surgical procedure in the mouth may be followed by some: oozing, swelling, and discomfort. It is important that these instructions be followed carefully. These basic guidelines may help prevent needless complications.

IF YOU ARE IN DOUBT ABOUT ANYTHING, AT ANY TIME, PLEASE CONTACT OUR OFFICE.

A gauze pad may have been placed over the surgical area. If one has been placed, it should be held in place with moderate biting pressure to help control the bleeding. Approximately half an hour after arriving home you may remove the gauze pack. This gauze will need to be replaced if there is some slight bleeding following tooth extractions. Once the bleeding has stopped or there is very minimal oozing, the gauze may be removed. Make sure you remove the gauze prior going to sleep.

BLEEDING: A certain amount of bleeding is expected following the removal of teeth. Blood tinted saliva may be seen for about 48 hours. If bleeding occurs after you return home, fold a small gauze pad in four (the size of a quarter) and place directly over the bleeding socket for 60 minutes, holding it in place with moderate biting pressure. It may be necessary to repeat this procedure. If you run out of gauze you may use a regular wet tea bag. Tea contains a chemical, which helps to control the bleeding. Expect bleeding until the following morning. If bleeding continues after that contact our office.

DO NOT SMOKE: For at least 48 hours following the surgery. Smoking will increase the bleeding and may cause complications with the surgery.

DO NOT DRINK: Alcohol for at least two days following surgery. Drinking alcohol will also increase bleeding after surgery.

EXCESSIVE PHYSICAL ACTIVITY AND FORCEFULL SPITTING: Tends to increase and prolong bleeding as well as bending over and lifting. Resting in a semi-reclining position with the head elevated is recommended for the first few hours.

SWELLING: Some swelling is expected and will vary with the difficulty of the surgery and the individual reaction of each patient. To help minimize the immediate swelling, apply an ice pack to the face while awake, during the first 48 hours after surgery. The ice pack should be applied for 20 minutes “on” and 20 minutes “off”. If surgery was done on both sides of the face, then you may apply ice to both sides at the same time.

You may also suck on ice chips or crushed ice. This thins the saliva, keeps the surgery site cold and reduces swelling.

It is important to remember that swelling from surgery may be greatest on the SECOND to THIRD day. It is also NORMAL to have no swelling on the night of the surgery and to be most swollen on the third day, especially following wisdom teeth extractions. The swelling should start to subside on the fourth day.

Do not apply heat at any time.

RINSING: Do not rinse your mouth or brush your teeth the day of the surgery. After 24 hours you may begin to gently rinse your mouth with warm salt water (1/2 teaspoon of salt to 8 oz. water) or a prescribed anti-bacterial rinse. You may do this for several days, as this promotes cleansing and healing. And if food particles that get lodged in the surgical site they will be flushed away. If bleeding persists, stop rinsing and follow the instructions under “Bleeding”. Do not rinse with mouthwash for at least one week, as this will tend to break down the blood clot and may cause the surgical area to start bleeding.

BRUSHING: You can begin brushing your teeth after the first 48 hours with a soft toothbrush. You can run your toothbrush under hot water, to further soften the bristles and make it more comfortable. Do not, however, brush in the area of the surgery until advised to do so.

PAIN: A certain amount of discomfort following extractions is not uncommon. If you have pain medication it should be taken with food, while antibiotics should be taken on an empty stomach. If stomach upset occurs then all medications may be taken with food. If you are not comfortable or the pain medication is not working, contact our office.

DIET: It is important to maintain a good diet following surgery. Liquids are recommended for the first day. This includes plenty water, juices, milk shakes, or lukewarm soup. Cool is preferred over hot a heat promotes bleeding. Following the day of the surgery, it is suggested that you eat soft foods, which require little chewing, ice cream, cream of wheat, scrambled eggs, soft cooked vegetables and noodles. You may return to your normal diet as soon as tolerable.

DO NOT USE A STRAW, DRINK FROM A BOTTLE OR SPIT: As this may dislodge the blood clot and cause bleeding.

SLEEP: The first two nights after surgery we recommend that you sleep on 2-3 pillows and place a blanket on the top to prevent any staining if there’s still blood oozing.

NAUSEA: Swallowing of excessive blood may cause this. Taking medication on an empty stomach or occasionally due to the surgery or anesthetic. If nausea occurs, a few sips of a carbonated drink such as ginger ale or 7-up may help. If this is tolerated, bland food such as crackers may be taken. If nausea persists, call our office.

SUTURES (STITCHES): Sutures may have been placed during your surgery. Both dissolving (clear or purple) and non-dissolving (black) may have been put. You may be asked to return in approximately 2 weeks for their removal.

DROWSINESS: Patient should always be careful following surgery because anesthetics and pain medication make most people unsteady or dizzy. Drowsiness is common after anesthetic and should be expected to last the remainder of the day. **THE PATIENT SHOULD NOT BE LEFT UNATTENDED FOR THE REMAINDER OF THE DAY.**

Calls after office hours will be received by the answering service and will be promptly returned.

IF SOMETHING DOESN’T “SEEM RIGHT” OR IN CASE OF AN EMERGENCY, DO NOT HESITATE TO CALL OUR OFFICE PROMPTLY.

IF YOU FEEL THIS IS A LIFE THREATING EMERGENCY PLEASE CALL 911!