

## POST-OPERATIVE ORAL SURGERY INSTRUCTIONS

Care of the mouth following a surgical procedure is essential in the healing process. There is a certain amount of swelling, discoloration, discomfort and bleeding which can be expected.

**BLEEDING:** Some bleeding and oozing is to be expected for several hours. Avoid spitting, rinsing, swishing, and use of a straw as they may provoke oozing. Keep firm pressure on the gauze pack for 30 minutes and then discard. If bleeding is more than slight, use sterile gauze or a moistened tea bag over the area and again apply firm pressure for 30 minutes.

**DISCOMFORT:** If prescription was given, use as directed. The prescription should be filled promptly and taken exactly as directed before the local anesthesia wears off. Do not take pain medication on an empty stomach as it may cause nausea. If a prescription was not given, over-the-counter medications (Tylenol, or Advil) can be taken as directed.

**SWELLING:** Some degree of swelling is normal and can be minimized with the use of ice or cold packs applied to the extraction site for 15-20 minutes and then removed for 15-20 minutes. This should only be done for the first 24 hours. Maximum swelling will occur about the second or third post-operative day and then slowly recede.

**DIET:** A soft or liquid diet is recommended for the first few days following surgery. Until local anesthesia (numbness) wears off, be careful chewing to prevent biting the numb area.

**CARE OF MOUTH:** Do not rinse your mouth for 24 hours after surgery. After 24 hours, begin gentle warm salt water rinses for one week and resume brushing of remaining teeth. Avoid use of alcohol, smoking or carbonated drinks for 24-48 hours after surgery. This may interfere with clot formation and slow the healing process. Smoking is the primary cause of dry sockets.

**REST:** Rest as much as possible for the next 24 hours, avoiding any excessive amount of physical activity.

**NOTE:** Antibiotics may decrease the effectiveness of birth control medications. Additional methods of birth control should be used while on antibiotics.

If any problems arise or if you have any questions, do not hesitate to call our office anytime at (303)665-8321