

POST OP INSTRUCTIONS (PLEASE READ CAREFULLY)

GAUZE

Bite down gently but firmly on gauze placed in the surgical areas making sure to maintain a constant pressure. Active bleeding may persist for several hours. Change the gauze hourly but no more often. When gauze is pink in color and no longer saturated you may discontinue use. Intermittent bleeding or oozing is normal. This may continue for 24-48 hours. We recommend you place a towel over your pillow for the first evening. Bleeding should never be severe. If blood is filling your mouth take a black tea bag (soaked in hot water, squeezed damp-dry and wrapped in moistened gauze) and bite down with medium pressure for 1 hour. If bleeding remains uncontrolled, please call our office.

AVOID

Do not disturb the surgical area today. Do NOT rinse vigorously or probe the area with your fingers or other objects. Do NOT BRUSH THE AREA, SPIT, SMOKE, DRINK ALCOHOL, EAT ANY HARD OR SPICY FOOD OR DRINK THROUGH A STRAW FOR 72 HOURS. Doing so is disruptive to the forming of a clot and can result in the need for dry socket treatment which will require an additional office visit and charge. Also, DO NOT ENGAGE IN HEAVY LIFTING, BENDING OVER (head below heart) OR EXERCISE OF ANY KIND FOR 5 DAYS after your procedure.

SWELLING

Often there is some swelling associated with any oral surgery. You can minimize this by using a cold pack or ice bag wrapped in a cloth applied to the cheek in the area of swelling. This should be applied 20 MINUTES ON THEN 20 MINUTES OFF FOR THE FIRST 24-48 HOURS. Keeping your head elevated can also aid in reducing pain and/or swelling.

PAIN & NAUSEA

Unfortunately, most oral surgery is accompanied by some degree of discomfort. You may be given a prescription for pain medication. It is best to take the first dose of pain medicine prior to the anesthetic wearing off. The most severe pain will occur in the first 6 hours after the anesthetic wears off. Effects of pain medicines vary widely among individuals and increased doses may add to the risk of upset stomach. Be sure to take pain meds with a small amount of soft food and plenty of water.

DIET

Avoid eating food that are extremely hot or things that are crunchy, hard or have particles that can become lodged in the socket(s). Soups, puddings, yogurt, ice cream, pasta and shakes such as Carnation Instant Breakfast or Ensure are good for the first few days.

AT 24 HOURS POST SURGERY

- At this time, you may begin brushing and flossing as normal but avoiding the surgical site.
- Begin rinsing your mouth gently with ¼ teaspoon salt dissolved in 8 oz. of warm water. Repeat 2-3 times per day for the next 5 days.
- Begin adding soft foods such as pasta or soft breads