

# POST ORAL SURGERY INSTRUCTIONS

**In order that you may be more comfortable, have accelerated healing and prevent possible infection and complications, please follow these directions carefully.**

## 1. BLEEDING

The gauze placed on the surgical site will exert pressure on the wound and hold the blood clot in place. Please hold it firmly in place for 30-45 minutes. Replace with new gauze if bleeding continues. A certain



amount of bleeding is to be expected following the surgery. Red tinged saliva is normal for a few days following extractions. If the bleeding continues after a reasonable period of time, place a large gauze pack (folded into a one inch square) **DIRECTLY OVER THE BLEEDING SOCKET AND BITE DOWN FIRMLY FOR ONE HOUR.**

Repeat as necessary using gauze or wet tea bags wrapped in gauze. **DO NOT USE COTTON.** Remove any large excessive blood clots before placing the gauze pack.

## 2. SWELLING

Swelling is to be expected. Apply an ice bag or cold towel to your cheek or jaw 20 minutes on and 20 minutes off (alternate sides if needed). Repeat for the next 24 hours. This reduces swelling and helps to stop the bleeding. After 24 hours use moist heat every 3-4 hours for the next 3 or 4 days. Do not use ice after the first 24 hours. Please note that the swelling may continue until the 3<sup>rd</sup> or 4<sup>th</sup> postoperative day.

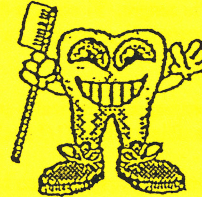
## 3. RINSING



Do not rinse or wash the mouth for the initial 24 hours. After that you may rinse gently every 3-4 hours for the next several days. Dissolve ¼ tsp of table salt in an 8oz glass of warm water.

## 4. ORAL HYGIENE

Regular oral hygiene should be maintained. Exercise care when brushing and flossing in the area of surgery. Excellent oral hygiene will keep the surgical sites clean and reduce the possibility of postoperative infection.



## 5. DIET

It is suggested that you maintain a liquid diet for the first day, soups, milk shakes, juices, etc. **DO NOT USE A STRAW!** Solid foods may then be gradually introduced as tolerated. A nutritional diet is essential for proper healing.

## 6. MEDICATION.

Some postoperative discomfort may be expected. Have all prescriptions filled immediately. Antibiotics should be taken as directed until finished. The prescription pain medication, on the other hand, should be taken only as necessary. Plain aspirin, Tylenol, or a mild analgesic should be used if they provide adequate relief. Please read and follow all directions given with your prescription medication.

