



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. Maintain gentle pressure by biting on the gauze compress that was placed over the extraction site for 30 to 45 minutes. This compress was placed to help stop bleeding, form a blood clot, and to keep saliva away from the open tooth socket. The compress can be discarded after 30 to 45 minutes. Should slight bleeding continue after removal of the gauze compress, place new gauze from the pack of gauze given to you at the appointment. If the bleeding is more than slight, use sterile gauze or a moistened tea bag over the area and again apply firm pressure for 30 minutes. **DO NOT drink through a straw.**

Discomfort: If a 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 prescription was not given, over the counter medications (Aspirin, Tylenol or Advil) can be taken as follows. Please inform the doctor if you have kidney or liver problems.

600 MG- Ibuprofen: 3 tablets (200MG each)- NO more than 2400MG per 24 hours

AND

650 MG- Tylenol: 2 Tablets (325MG each)- NO more than 3000MG per 24 hours

Take these medicines together every 4-6 hours as needed for pain, careful not to exceed maximum doses.

Swelling: Some degree of swelling is normal and can be minimized with the use of ice or cold packs applied to the face at 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 third or fourth post-operative day and then slowly recede.

Diet: A soft or liquid diet is recommended for the first 24 hours following surgery. Until the local anesthesia (numbness) wears off, be careful chewing to prevent biting the numb areas.

Care of the Mouth: Do not rinse your mouth for 24 hours after surgery. After 24 hours, begin gentle warm salt water rinses for two weeks. Mix 4 oz of lukewarm water with 1/4 teaspoon of salt and gently rinse (do not swish back and forth as to keep pressure to a minimum). After 24 hours resume gentle brushing of the teeth. **DO NOT smoke cigarettes or marijuana, vape, or drink alcohol or carbonated beverages for 1 week after surgery.** This may interfere with the formation of a blood clot and slow the healing process.

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

If you have questions regarding these instructions, please feel free to call our office at (970) 328-1116