Post-Operative Instructions

1. BLEEDING – Bite down firmly on the gauze packs that have been placed over the surgical area for
1 hour(s) making sure your teeth do not come together and talk as little as possible. Do not replace them unless the bleeding is filling your mouth. If bleeding persists, place enough new gauze to obtain pressure over the surgical site for another 30-45 minutes. **SOME BLEEDING FOLLOWING SURGERY IS NORMAL AND MAY LAST FOR UP TO 24 - 48 HOURS.**

2. PERSISTENT BLEEDING – Bleeding should never fill the mouth. If so, it usually means that the packs are being clenched between teeth only and are not exerting pressure on the surgical areas. Try repositioning the packs. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in very hot water, squeezed damp-dry and wrapped in moist gauze) for 30-45 minutes. If a clot is sticking out from the area of surgery, first clean the clot off even with the gum and then replace with fresh gauze and follow the above. **IF BLEEDING CONTINUES TO FILL THE MOUTH, PLEASE CALL OUR OFFICE.**

3. DISCOMFORT – Unfortunately oral surgery is accompanied by some degree of discomfort. You will usually have a prescription for pain medicine. **If you take the ibuprofen or acetaminophen before the anesthetic has worn off, you should be able to manage any discomfort better.** Some patients find that prescription pain medicine causes nausea, but if you precede each pain pill with a small amount of food, chances for nausea will be reduced. The effects of pain pills vary widely among individuals. If you do not achieve adequate relief at first, you may supplement the over-the-counter medication with the prescription pill. Remember that the most severe pain is usually within six to twelve hours after the local anesthetic wears off; after that, your pain and need for medicine should lessen**. Do not drive a car, return to work, or do anything requiring judgment while taking the prescription pain medicine**.

4. SWELLING – Swelling is often associated with oral surgery. It can be minimized by using a cold pack, a frozen package from your home freezer (peas, etc.), or an ice bag over the skin of the operated area. This should be applied 20 minutes on and 20 minutes off during the first 24-36 hours after surgery. Swelling may increase for up to 3 days after surgery and is normal. Keep head elevated until bedtime and return to normal activities the following day.

5. DIET – After gauze is removed from mouth, eat cool, soft food that can be taken with comfort during the first 24 hours, avoiding anything hotter than lukewarm.

MOUTH CARE – Do not rinse or spit forcefully today. You may begin brushing your teeth after the numbness is completely gone. Tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using ¼ teaspoon salt in a glass of warm water. If you prefer, you may substitute mouthwash diluted with water instead. Continue rinses until healing is complete.

7. SMOKING – Do **NOT** smoke for 5-7 days following surgery. Smoking within the period following tooth extraction greatly increases the chance of getting a dry socket and other complications.

OUR INTEREST IN YOUR CARE DOES NOT CEASE WITH THE COMPLETION OF YOUR SURGERY. PLEASE FEEL FREE TO CALL IF ANY PROBLEMS ARISE. **IF NO ANSWER, CALL THE ON CALL DOCTOR (757) 325-9263.**

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