

Instructions Following Oral Surgery

1. BLEEDING-Some oozing of blood may continue for a short time. Maintain gentle pressure by biting on a gauze sponge for 30 or 40 minutes. Remove gauze at_____. Do not spit, rinse your mouth out, use a straw, or smoke for 24 hours.
2. BRUISING-Black and blue discoloration may occur and will resolve within several days.
3. ICE-If needed, apply an ice bag to your face, 30 minutes on and 30 minutes off until bedtime.
4. RINSING-Avoid rinsing the mouth for 24 hours post-operatively. Then begin rinsing with a teaspoon of salt in a glass of warm water. Continue rinses for several days unless otherwise advised.
5. PROLONGED NUMBNESS-"Paresthesia" is most often a temporary condition, which will usually correct itself. It may last a few days to a few weeks.
6. PAIN-A degree of pain following surgery is to be expected. An earache or sore throat may develop. Other teeth may have sympathetic pain and ache temporarily. Take pain medication as indicated by instruction. If you are okayed for Ibuprofen use, you can take up to 800mg Ibuprofen (Advil, Aleve, or Motrin) every 4-6 hours for prescription strength relief.
7. TEMPERATURE-There may be a slight elevation of temperature for 24-48 hours. Please notify our office if this condition continues.
8. DIET-Do not eat anything hot or hard today. Resume a normal diet tomorrow. Occasionally, for your own comfort, soft food and liquids may be indicated for several days.
9. SUTURES-Stitches may be used to close the wound. Dissolvable type sutures may be used.
10. ORAL HYGIENE-Continued good oral hygiene following oral surgery is important to normal healing. Routine toothbrushing should be instituted the day following surgery. Care should be taken in brushing the area adjacent to the surgical site.
11. SWELLING-Discoloration and stiffness of the jaw may be normal post-operative events. Do not be alarmed by these. Maximal swelling is expected on the second post-operative day and may last for several days.
12. If profuse bleeding continues, or if there are any problems not covered in these instructions, please call for assistance.
13. When tissue is removed and it is deemed necessary-it will be submitted and examined by a pathologist. A separate charge will be made for the service and you will be advised of the results.
14. Do not use a Water-Pick to irrigate food from the extraction site. Even on the lowest setting the pressure may cause the clot to disintegrate resulting in a very painful condition plus delay in healing.
15. Any patient having sedatives or narcotic pain medicine must specifically agree:
NOT to drive a vehicle or operate any machinery the same day;
NOT to undertake any responsible business matters; and
NOT to drink any alcohol for 24 hours.

If you have any questions or problems please notify our office immediately.