

Oral Surgery Post-Operative Instructions

Bleeding: There may be some bleeding or "oozing" for the first 12 to 24 hours.

Swelling: This is normal following a surgical procedure in the mouth. It should reach its' maximum in two to three days, and should begin to diminish by the fifth post-operative day.

Discomfort: Any discomfort you will experience will occur after the anesthesia has worn off. This should diminish within 1-3 days.

Bleeding: Place gauze over extraction sites and maintain pressure by biting for at least 1-2 hours. Keep head elevated and rest. Do not suck or spit excessively. (Also please refrain from blowing into musical instruments.) Some oozing and discoloration of saliva is normal. If bleeding persists, replace the gauze with a clean folded gauze placed over the extraction site, and maintain the pressure until the bleeding stops.

Rinsing: 24 hours after the surgery, rinse with warm saltwater (or prescription mouth rinse) three-to-five times per day for seven days.

Swelling: Place ice or cold compresses on the region of surgery for 15 minutes every half-hour for the first 8 to 12 hours

Ice bags or cold compresses should be used only the first 24 hours after surgery.

Smoking

Avoid smoking during the initial healing period (24-48 hours)

Discomfort: Begin taking pain medication immediately after surgery as directed. The medicine will require 45 minutes to one hour to take effect.

Diet: A nutritious liquid or soft diet may be necessary for the first weeks after the surgery. A fluid intake of at least two quarts a day is needed.

Physical Activity: For the first 24 to 48 hours, you should REST. Patients who have sedation should refrain from driving an automobile or from engaging in any task requiring alertness for the next 24 hours.

The Days After Surgery:

- Brush teeth carefully.
- Use WARM SALT WATER (or prescription mouth rinse) as a mouth rinse, three to five times per day.
- If ANTIBIOTICS are prescribed, be SURE to take ALL that have been prescribed, AS DIRECTED.
- Use WARM, MOIST HEAT on face for swelling. Continue until the swelling subsides. A warm, wet washcloth or heating pad will suffice.
- If SUTURES were used, return to the office in five to seven days for removal.
- DRY SOCKET is a delayed healing response, which may occur during the second to fourth post-operative day. It is associated with a throbbing pain on the side of the face, which may seem to be directed up toward the ear. In mild cases, simply increasing the pain medication can control the symptoms. If this is unsuccessful, please call our office at (201) 288-1788.

CONTACT THE DOCTOR IF:

- *Bleeding* is excessive and cannot be controlled.
- Discomfort is poorly controlled.
- Swelling is excessive, spreading or continuing to enlarge after 48 hours.
- Allergic reactions to medications occur which are causing a generalized rash or excessive bleeding.

CONTACT EMERGENCY MEDICAL SERVICES OR CALL 911 if patient has lost consciousness.

Following all instructions faithfully will add to your comfort and fast recovery.