

WALTER K. MURPHY, D.D.S

ORAL & MAXILLOFACIAL SURGERY

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**Post-Operative Instructions for Patients Following
Oral Surgical Procedures Under Local Anesthesia**

- **Bleeding** - Leave gauze in place for 30 minutes after surgery, then remove. Replace with additional gauze every 30 minutes until the bleeding has stopped. Do not rinse the mouth with water. If bleeding persists, lightly wet a piece of gauze and place a moistened tea bag inside of it, then place over the surgical site and apply pressure for up to 30 minutes. It is normal for the saliva to be lightly streaked with blood for one to two days. If profuse or continuous bleeding persists, please contact the office.
- **Foods** – Do not eat anything steaming hot for 24 hours following surgery. Hot foods tend to stimulate bleeding. Do not drink using a straw.
- **Medications** – Take medications as prescribed. This will generally include an antibiotic, which you must take in its entirety, and a pain medication. The pain medication can be taken on an as needed basis. If you develop any problems while on the medications, please contact the office.

**Remember that the effectiveness of birth control pills is reduced while taking antibiotics.*

- **Swelling** – If instructed to use ice, apply to the facial region over the surgical site for 30 minutes on and 30 minutes off during waking hours for 24-36 hours following surgery.
- **Two Days after Surgery** – If you were given an irrigation syringe, you may fill the syringe with plain tap water and begin gentle rinsing of your mouth after meals and several times a day. Continue to brush your teeth with regular toothpaste, being careful to avoid the operative site. Cleanliness of the mouth is essential for rapid healing and to prevent or control infections.
- **Pain** – Occasionally, a sharp pain will develop 3-5 days after surgery. This is usually caused when the blood clot dislodges and the bone is exposed. This is called a “dry socket”. Please call the office for treatment if this should occur.
- **If you experience difficulty** – If you experience difficulty that you believe is related to your procedure, please contact Dr. Murphy during office hours at (804) 746-1864 or after hours through Doctors Exchange (an after-hours answering service) at (804) 228-6396.
- **Smokers** – Do not smoke for 48 hours following the procedure.