

## Oral Surgery - Post Op Instructions

**DO NOT DISTURB THE AREA:** For the next 48 hours it is important that you leave the area alone, and do not interrupt the natural healing process. Keep anything sharp from entering the wound (crunchy food, toothpicks, eating utensils, and straws.) Be sure to chew on the opposite side of your mouth for at least 48 hours.

**BLEEDING:** Keep slight pressure on the gauze in your mouth for at least 20-30 minutes. The gauze needs to remain undisturbed while a clot forms in the socket. Wash your hands and remove the gauze after 20-30 minutes. If it is still bleeding, fold another gauze, place it on the socket, and keep pressure on it for another 30 minutes. Small amounts of blood may make your saliva appear red, this is normal and may be seen even tomorrow.

**SMOKING:** Smoking should be stopped for at least 48 hours following any surgery. Healing and success of the surgery will be substantially reduced by the cigarette smoke chemicals in your body. Also, the suction created when inhaling cigarettes can dislodge the clot. Smokers are at greater risk of developing an extremely painful dry socket.

**PAIN:** Some discomfort is normal after surgery. To manage pain and/or discomfort, it may be necessary to take a non-aspirin pain reliever, following the directions carefully. Remember to take it before the anesthesia wears off. If prescription pain medication is prescribed, take it according to instructions printed on the bottle.

**NAUSEA:** Nausea may result from taking medication on an empty stomach. Please refer to your medication instructions.

**SWELLING:** If you feel any swelling, apply a cold compress (ice pack covered with a paper towel or thin cloth) for 15 minutes on/15 minutes off and continue as needed for the rest of today.

**NUMBNESS:** The local anesthesia will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the extraction will cause residual numbness or tingling for six weeks or longer.

**BRUSHING:** Do not brush your teeth for the first 8 hours after surgery. After 8 hours, you may brush your teeth gently and avoid the surgical area for 3 days.

**RINSING:** Avoid all rinsing/swishing/or spitting for 48 hours after the extraction. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. This could cause bleeding and a dry socket. After 48 hours you may begin gentle rinsing.

**DIET:** Eat soft, cold or room temperature foods for the first two days. Maintain a good, balanced diet to promote faster healing. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid straws and alcohol for 48 hours.

**ACTIVITY:** Rest and avoid strenuous activities for 48 hours. Keeping your blood pressure normal will reduce bleeding, and will aid with the healing process.

**ANTIBIOTICS:** If you were prescribed antibiotics, take them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control for two months.

**SINUS:** If your sinus was involved in the procedure, you should avoid blowing your nose or using your mouth to blow on food or anything else for one week. Use of decongestant medications might be recommended.

Most oral surgery procedures are uncomplicated and can be managed afterwards by the patient alone. A more serious issue (e.g. difficulty breathing, excessive or uncontrolled bleeding) is rare but possible. In such a situation, it is very important to seek medical care IMMEDIATELY. Please call the office if you have any questions or concerns.

*Following these instructions closely will greatly help your comfort, and promote quicker healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.*