



Oral Surgery Post-Op Instructions

Note: These instructions are intended to minimize discomfort and swelling.

FIRST HOUR

Bite down firmly on the gauze pad, making sure that it remains in place. Do not drink, eat, or smoke during the first four hours after oral surgery.

WHEN YOU GET HOME

One hour after extraction, wash your hands and gently remove the gauze. Replace gauze as needed after that to control bleeding. After 24 hours you may rinse gently with warm salt water (approx. 1 tsp. per 8 oz. glass of warm water) to help clean and maintain extraction site. An ice bag be applied to the area, 20 minutes on and 20 minutes off. It will help to control swelling. DO NOT smoke for 48 hours after extractions. Also, avoid sodas, caffeine and spitting.

DIET

Follow a regular diet but try to avoid hard, crispy, or granular foods. Diabetics must maintain their regular diet and medication. Rinse gently with warm salt water every few hours the following day after the extraction for a period of one week.

PAIN

One or two ibuprofen taken every four to six hours is effective in controlling the expected post operative pain unless otherwise directed by a physician or dentist. Have medication available should discomfort arise. Take food with any medication if directed on the prescription.

BLEEDING

Slight bleeding, oozing, or reddened saliva is normal. Replace gauze as needed. Compress gauze around extraction site with firm pressure by biting for a 1/2 hour if needed. Do not remove every few minutes to inspect wound. If bleeding persists, return to the dentist office or any hospital emergency room.

SWELLING

After 24 hours if there is swelling or stiffness, apply moist heat to the outside of your face. Do not use heat for more than 20 minutes per hour while you are awake.

Avoid any heavy lifting or strenuous activity for 24 hours after surgery. A doctor's note will be provided if necessary.

If you experience any unusual problems or have any questions please call or return to the dental office or emergency room.