

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 may 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/six hours is effective in controlling the expected post operative pain unless otherwise directed by physician or dentist. Have medication available should discomfort arise. Take food with any medication if directed to on the prescription.

BLEEDING:

Slight bleeding, oozing or reddened saliva is normal. Replace gauze pad as needed. Compress gauze around extraction site with firm pressure by biting for ½ hour if needed. Do not remove every few minutes to inspect wound. If bleeding persists return to the dentist's 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 24hrs 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.