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SURGICAL POST OPERATIVE INSTRUCTIONS

THINGS TO EXPECT:

Swelling: This is normal following a surgical procedure in the mouth. It should reach its maximum in 24 to 48 hours and diminish by the fourth post operative day.

Discomforts: The most discomfort that you should experience will be during the period when sensations return to your mouth. While your mouth is numb, be careful not to bite your cheek, lip and tongue.

Hemorrhage: Bleeding or “oozing” can be expected for the first 24 hours.

THINGS TO DO:

Bleeding: If the dentist has placed a gauze pack on the extraction site, leave it in place for 30 to 45 minutes after you leave the office. If there is still some bleeding after removing the gauze, replace with a fresh piece of the *moist* gauze we have sent home with you every 20 minutes until bleeding has stopped.

Swelling: Swelling may be minimized by the *immediate* use of an ice pack. Place pack on side of face over operated site. Use ice pack for 10 minutes then remove for 10 minutes. Continue for one hour.

Diet: Wait until feeling in your mouth is returned before attempting to eat. A liquid or soft diet is necessary for the first few days. (ie. Minimal to no chewing)

Medications: Take all medications as directed. Medications may be prescribed to control pain and prevent infections.

Cleaning: Do not rinse for 24 hours after surgery, after that, begin rinsing with warm salt water (one tsp per 8 oz of water) two to three times a day for one week. This will speed healing. Do not clean the teeth next to the healing area for the rest of the day. Tooth brushing and flossing are recommended if you avoid the wounds.

Exercise: Limit strenuous activity for 2-3 days after your surgical procedure.

THINGS NOT TO DO:

Avoid **Smoking, spitting and sucking** for 48 hours after surgery. Doing any of these may cause additional bleeding and can also lead to a dry socket. Do not apply heat to the face at any time. This will increase swelling. Avoid any carbonated beverages for at least a week. Do not sleep on the side of your face where the surgical site is for a few days.

CALL DENTIST RIGHT AWAY IF:

Swelling continues after 48 hours or increases. You develop a fever or swelling becomes hot and red. You have excessive bleeding (blood clots in mouth) or if bleeding continues for more than 24 hours. You have any problems with swallowing or breathing.