

Oral Care After Surgery

Oak Park Dental Studio

Joseph Lepkowski, DDS

General Dentistry
6630 W. Roosevelt Road
Oak Park IL 60304

(708) 386-2233



Please follow these instructions for post operative care to insure proper healing.

Wound Care

- Bite firmly on the gauze that has been placed until you arrive home, then remove it gently.

Bleeding

- Some blood will ooze from the area of surgery and is normal. You may find a blood stain on your pillow in the morning.
- Do not spit or suck through a straw, since this promotes bleeding.
- If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes.

Discomfort

- Some discomfort is normal after surgery. It can be controlled, but not eliminated, by taking the pain pills as directed by your dentist.

Diet

- Drink a large volume of fluids, but do not drink through a straw, because this may promote bleeding. Do not drink alcohol for at least 24 hours after surgery.
- Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. Eat normal, regular meals as soon as possible after the surgery.

Oral Hygiene

- Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
- After that, rinse gently with warm salt water (half teaspoon of salt in 8 oz. of warm water) every 4 hours.

- Brush your teeth gently after the first 8 hours, but avoid the area of surgery.

Swelling

- Swelling after the surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
- Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable.

Bruising and Stiffness

- You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.
- After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

Stitches

- If stitches have been placed in the area of your surgery, you will need to return in one week to have them removed.

CALL THE OFFICE IF:

- You experience excessive discomfort that you cannot control with your pain pills.
- You have bleeding that you cannot control by biting on gauze.
- You have increased swelling after the third day following your surgery.
- You feel that you have a fever.
- You experience nausea, dizziness, fainting, or hives.