

Post Operative Oral Surgery Instructions

Care of your mouth following an oral surgery procedure is essential to the healing process. There is a certain amount swelling, bruising, discomfort, and bleeding which can be expected.

Bleeding: Some bleeding and oozing is to be expected for several hours. Avoid spitting and heavy use of a straw, as they may provoke oozing. Keep firm pressure on the gauze pack for 45 minutes then discard. If bleeding is more than slight, apply sterile gauze or a moistened tea bag over the area and again apply firm pressure for 45 minutes.

Discomfort: If a prescription was given, use as directed. The prescription should be filled promptly and taken exactly as directed before the anesthesia wears off. Do not take pain medication on an empty stomach as it may cause nausea. If a prescription was not given, over the counter medications (aspirin, Tylenol, advil) can be taken as directed.

Swelling: Some degree of swelling is normal and can be minimized with the use of ice or cold packs applied to the face at the extraction site in on and off 15 minute intervals. This should only be done during the first 24 hours. Maximum swelling will appear on about the third day after surgery and slowly recede.

Diet: A soft or liquid diet is recommended for the first few days following surgery. Be careful chewing until all the anesthesia has worn off as it is very easy to accidentally bite numb areas .

Care of Mouth: Do not rinse your mouth until 24 hours after surgery. After 24 hours has passed you can begin to rinse the affected areas with a warm salt water mix. Continue to brush your remaining teeth.

Note: Antibiotics may decrease the effectiveness of birth control medications. Additional methods of birth control should be used while on antibiotics.

If any problems arise or if you have any questions, do not hesitate to call our office at anytime.