

ORAL SURGERY - POST OPERATIVE INSTRUCTIONS

Office Phone Number: () _____ - _____

Doctor's Name: _____

Emergency Phone Number: () _____ - _____

- Following surgery a **gauze** pad should be folded and placed over the extraction site for at least **30 minutes** and continued until the bleeding stops.
If bleeding is not controlled with the gauze, take a regular tea bag and place it in boiling water. Let the bag cool, then squeeze it out and place it over the bleeding area. Bite on it gently. After a few minutes, rinse it out in warm water, squeeze to remove excess water, then replace it over the bleeding area.
- **DO NOT RINSE OR SPIT** for the first 24 hours. This allows for proper blood clotting to occur, which is necessary in the healing process.
- Slight oozing of blood is normal for a day or two after oral surgery.
If bleeding is heavy, please call our office.
Wipe blood and saliva from the lips with a tissue.
- Use an inexpensive towel to cover pillow at night. Some blood clots may appear which are normal.
- **Denture patients** should attempt to leave their dentures in place for the first 24 hours following surgery. Only remove them early if there is active bleeding or extreme discomfort. Due to the expected swelling, you might not be able to replace them, once removed.
- It is advisable that **someone drive the patient home** following oral surgery. This will allow the patient to rest. Make sure seat belt is used.
- Do not leave patient unattended. If the patient is a child please watch over them as they recover. Their lip may be numb, so be careful that they do not chew it.
- The patient is advised **not to smoke** for 48 hours following surgery. Smoking can break down the clot and cause bleeding.
- The patient should **not drink through a straw** for 48 hours following surgery. Suction action can loosen the clot and cause bleeding.
- **Avoid hot** foods and drinks for the first 24 hours following surgery.
- **Diabetic patients** should maintain their normal diet and take medications as usual.
- If advised by treating dentist, **do not blow your nose** following an extraction for a period to be designated.
- **MEDICATIONS:**
 - Take medications as directed.
 - For adults in mild pain, one or two non-aspirins such as Tylenol, Motrin, Aleve or Advil every four hours. If a skin rash develops, stop the medication and inform the office.
 - If the doctor has prescribed codeine, take it only if the above medication is not adequate.
 - * **Do not drive a car** or use heavy machinery when taking **codeine** or any other **pain medication**.
 - * **Do not drink alcoholic beverages** when taking prescribed drugs.
- For **Swelling:**
 - Apply an ice **pack** to the area of the face where surgery was performed. This should be done in cycles of 20 minutes on, followed by 20 minutes off, while awake, during the first 24 hours following surgery. Protect the skin with vaseline or a thin towel.
- **Brushing** your teeth is important, and should be done cautiously. It can be done later the day of surgery or you can wait until the next day.
- Rinsing gently with warm **salt water** (1/2 teaspoon per glass). Start approximately 24 hours after surgery. If this causes moderate bleeding, use gauze and wait several hours before rinsing again.
- **DO NOT RINSE OR SPIT THE DAY OF THE SURGERY, BUT WE RECOMMEND DRINKING FLUIDS.**
- ❖ **KEEP YOUR FOLLOW-UP APPOINTMENTS.** Even if you are feeling good, we need to make sure you are healing properly.