

## Post-Operative Instructions for Oral Surgery/Extractions

**Day 1:** Continue biting on the gauze for 30-60 minutes following your procedure. Do NOT spit, rinse, suck (using a straw), smoke, drink carbonated or alcoholic beverages for at least 24 hours. Passively empty your mouth when needed.

- **DO NOT DISTURB** wound with the tongue or finger: In doing so, you may invite irritation, infection and bleeding. If sutures (Stitches) have been placed in your mouth, you must not disturb them.
- **CONTROL OF BLEEDING:** Keep pressure over the surgical site with moistened gauze after you leave our office. Bite firmly on gauze pad and change gauze every two (2) hours, until the bleeding stops. In some cases, bleeding is normal for 24-36 hours after surgery. If bleeding continues, apply a cool moist tea bag over the area.
- **SWELLING:** Immediately following surgery apply icepacks on face over the area of surgery at 15 minutes intervals. This should be continued for the first 24 hours after surgery to minimize swelling. After 48 hours, moist heat or a heating pad should be used periodically to decrease swelling.
- **SPEED UP THE HEALING PROCESS:** Do not smoke, drink alcoholic beverages (beer whiskey), acidic fruit juices, or carbonated drinks (Coke, Pepsi, Dr. Pepper) for at least 24 hours after surgery because they delay the healing process and could cause severe pain and infection. Also refrain from using a drinking straw or using any type of mouth suction.
- **AVOID:** all rising for 24hours after surgery. After that time you may rinse with warm water (not hot) salt water, (1/2 teaspoon in 8oz of water) after each meal. Brush your teeth and tongue regularly, it is important to keep the healing areas as clean as possible.
- **DIET:** Keep taking nourishment; begin shortly after surgery with warm soups, jello, or anything that is not extremely hot or cold. Try to maintain a high protein diet as this will speed recovery.
- **MEDICATION:** Take your antibiotics as directed by your doctor. Take one of your pain pills within one (1) hour after treatment with milk or a non-acidic fruit juice. After this, avoid taking the medication on an empty stomach. Eat, wait 30-45 minutes then take the pain medication.
- **ALLERGIC REACTIONS:** Allergic reactions to the medication for generalized itching or rash, call us immediately. If you experience any problems at all, **DO NOT HESITATE** to call our office.