

Smile A Bit

POST OPERATIVE INSTRUCTIONS FOR ORAL SURGERY PATIENTS

IT IS IMPORTANT THAT THESE INSTRUCTIONS ARE FOLLOWED CAREFULLY AS THEY MAY PREVENT NEEDLESS ALARM OR WORRY, AS WELL AS POST OPERATIVE COMPLICATIONS.

1. **NO SMOKING FOR 48 HRS**
2. **NO ALCOHOL FOR 48 HRS**
3. **NO SPITTING FOR 48 HRS**
4. **NO SUCKING THROUGH A STRAW FOR 48 HRS**
5. NO CARBONATED BEVERAGES
6. ON THE NEXT DAY AFTER YOUR SURGERY PLEASE RINSE WITH WARM SALT WATER 2 TIMES PER DAY
7. AVOID VERY HOT AND/OR SPICY FOOD
8. NO HEAVY EXERCISE FOR 24 HOURS
9. IT IS IMPORTANT TO EAT AND DRINK (STAY HYDRATED)
10. EXERCISE YOUR LOWER JAW TO AVOID MUSCLE STIFFNESS
11. IT IS IMPORTANT TO BRUSH AND FLOSS ADJACENT TEETH
12. KEEP YOUR HEAD SLIGHTLY ELEVATED WHEN LYING DOWN

TO KEEP IN MIND:

1. **BLEEDING:** After an extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. We are going to make sure that your bleeding is under control before you leave this office. After we see that you are bleeding normally, we are going to place a gauze pad over the extraction site and we ask that you bite on this gauze pad for 45 minutes to control the bleeding. This gauze pad acts as a pressure dressing to stop the bleeding. If excessive oozing continues after the pad is removed, fold a piece of gauze thick enough to bite on, dampen the gauze, and place it directly on the extraction site. Repeat every 45-60 minutes until the bleeding subsides. DO NOT SPIT, for this causes more bleeding. If excessive bleeding persists, a warm moist tea bag may be placed on the extraction site. It is normal to have a red tinge to your saliva for one or two days after surgery. This may occur after brushing or eating. You may wake up with blood on your pillow. To keep the blood clot intact, do not touch it with your tongue, fingers, or any other object.
2. **EXPECT MODERATE DISCOMFORT, NAUSEA, SWELLING, AND OOZING IN THE IMMEDIATE 24 HOURS FOLLOWING SURGERY.** Do not rinse for at least 24 hours. This is to eliminate bleeding and loss of the blood clot. Make sure you eat before taking any pain medicine.
3. **FORCE FLUIDS BY MOUTH.** Drink lots of fluids. It is recommended that you drink 8 glasses of water per day. Dehydration hinders healing. Eat only soft nutritious foods (soup, pudding, baked potatoes, Jell-O, eggs) on the day of extraction. A good appetite and a well balanced diet are essential to rapid healing. You may eat normally the next day or as soon you feel comfortable.
4. **SWELLING:** After surgery, you can help reduce swelling by applying an ice bag or cold, moist cloth for 15 minutes on then 15 minutes off every hour. After 2 days, use a warm washcloth as hot as you can stand it or moist heating pad to reduce swelling. Use the warm washcloth or heating pad for 15 minutes on and 15 minutes off every hour. Slight swelling is considered to be normal. Swelling usually starts to go down after 48 hours. Be sure to not limit the range of motion of your lower jaw as "babying" yourself with jaw opening after surgery can lead to your muscles locking in a more closed position.
5. **ANTIBIOTICS:** You will not be prescribed antibiotics unless you have intraoral swelling, facial swelling, or an abscess around the tooth. If you are on birth control pills the antibiotics may render your birth control pills ineffective. It is highly advised to use other means of birth control when taking antibiotics.