



## INSTRUCTIONS FOLLOWING ORAL SURGERY

Post operative care is important following oral surgery, and recovery may be delayed if this is neglected. Some swelling, stiffness, and discomfort is to be expected. Should any questions arise, please contact the office.

- Bleeding** ..... Keep gauze pack in place for 30 minutes with constant firm pressure.  
 ..... Continue to change gauze pack every 30 minutes until active bleeding stops.  
 ..... Some oozing of blood and discoloration of saliva is to be expected. Gauze can be discontinued when oozing is minimal.
- Swelling** ..... Swelling is a common experience and can be expected to increase during the first 72 hours.  
 ..... **Keep head slightly elevated. Sleeping with 1-2 extra pillows or in a recliner is recommended.**  
 ..... Ice can be helpful. Apply ice packs to outside of face. 20 minutes on, 20 minutes off during the first 24-48 hours.
- Pain** ..... It is recommended that pain medication always be taken with food. Some suggestions are: ice cream, yogurt, pudding, fruit juices, and applesauce.  
 ..... Pain medication is to be taken only as needed to control pain. If antibiotics are prescribed, take until gone.
- Diet** ..... Limit diet to cool foods and liquids until active bleeding has stopped.  
 ..... You may resume warm foods at this time.  
 ..... Avoid chewing until numbness has worn off.  
 ..... Your diet may be soft to regular, as desired.

**Avoid for the first**

**48 hours after surgery ...** Sucking on wounds, forceful spitting, use of straws or mouthwash, smoking or strenuous exercise.

**Oral Hygiene** ..... Teeth may be brushed gently the day of the surgery.  
 ..... Beginning 24 hours after surgery, rinse with warm salt water after meals. This should be continued until wounds have closed. (1/2 teaspoon table salt to glass of warm water.)

**Notify office immediately if:**

- ..... 1. High fever of 102-103° is accompanied by chills, night sweats or foul-smelling drainage of wounds. This may represent infection and should be treated immediately. A low-grade fever is common for 2-3 days after surgery (99-100°).
- ..... 2. Any rash or itching. This could represent an allergic reaction to medication. Stop any medication and call our office immediately.
- ..... 3. Any swelling that makes breathing or swallowing difficult.

**WARNING: Do not drive or operate machinery while taking pain medication. If you are taking other medications, check with your pharmacist for possible adverse reactions.**

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