



Post – Operative Instructions after Oral Surgery

Do Not Disturb The Wound: In doing so you may invite irritation, infection, bleeding and loosening of stitches. Try to chew on the opposite side of your mouth for 24 hours. Avoid anything sharp from entering the wound (ie. eating utensils, toothpicks.)

Do Not Smoke: Smoking will slow healing and cause prolonged bleeding. Avoid smoking for 2 weeks, if at all. Smoking will dramatically increase the risk for dental implants, bone/tissue grafting and sinus augmentation failure.

Brushing: Do not brush your teeth for the first 8 hours after surgery. After that you may brush your teeth gently, but avoid the area of surgery.

Mouthwash: Avoid all rinsing for 24 hours after surgery. This is to insure the formation of a healing blood clot, which is essential to proper wound healing. Disturbance to the area can lead to loss of the blood clot and/or increased bleeding. If the clot is lost, a painful condition called dry socket may occur. If needed, you may use warm salt water or mild antiseptic rinses after 24 hours.

Do Not Spit Or Drink With A Straw: This will promote bleeding and may dislodge the blood clot causing a dry socket.

Bleeding: A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes or so depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the area of surgery. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. Should you need to use the gauze remember to roll it into a ball large enough to cover the wound. Hold firmly in place by biting or with finger pressure for about 20-30 minutes. If bleeding still continues you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid (a styptic which may help reduce bleeding.)

Pain: Some discomfort is normal after surgery. Analgesic tablets (ie. Advil, Tylenol, Aleve) may be taken under your dentist's direction. Prescription medication which may have been given to you should only be taken as directed. If pain continues call our office.

Swelling: To prevent swelling apply an ice pack to the outside of your face in the area of the extraction during the first 12 hours. Alternate 20 minutes on then 20 minutes off for an hour or longer if necessary.

Diet: Eat regular meals as soon as you are able after surgery. Cold, soft food such as ice cream or yogurt may be the most comfortable for the first day. It is also important to drink plenty of fluids.

Sinus Exposure: If you had surgery near the upper back teeth, you may have thinning or exposure of the wall to the sinus cavity. This almost always heals on its own, but if you notice fluid or air entering the sinus or back of the nasal cavity, call our office. To help the sinus wall heal during the first week after surgery avoid things that exert sinus pressure.