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POST OP INSTRUCTIONS ORAL SURGERY

BLEEDING

Some oozing of blood may continue for a short time after surgery. This may be controlled by maintaining pressure over the surgery site by biting on a damp, chilled gauze sponge for 30 minutes. Lie quietly with the head elevated and repeat the above procedure for 30 minutes until active bleeding is controlled. A pinkish tinge of saliva is normal for a 24-hour period, after that if profuse bleeding occurs notify the doctor.

NO SPITTING, SMOKING, OR SUCKING THROUGH A STRAW

This will create sucking actions and cause bleeding and can interfere with the body's ability to heal.

ICE

Apply Ice to the face for the first 24 hours, it will reduce swelling. 20 Minutes on and 20 minutes off.

RINSING

Avoid rinsing the mouth for the first 24 hours post operatively.

PAIN

A moderate degree of pain following surgery is to be expected. Take Advil or 400mg of Ibuprofen along with Tylenol every 6 hours for the first three days Following surgery. **If a prescription drug has been prescribed, follow the directions on the bottle instead of the Advil and Tylenol regiment.**

DIET

You may want to stick to a softer diet for the first couple of days after your surgery, after that you may eat what feels comfortable to you.

ORAL HYGIENE

Good oral hygiene following oral surgery is important for normal healing. Routine brushing should be instituted the day following the surgery. Care should be taken when brushing the area adjacent to the surgical site.

DO NOT USE A WATER PIK

Gentle rinsing is ok 48 hours after surgery.

Do not hesitate to call us if you have any other questions!