



## **INSTRUCTIONS FOLLOWING ORAL SURGERY**

1. **BLEEDING** – Some oozing may continue throughout the day and may even persist during the night until the next day. Bite **FIRMLY** on a damp gauze sponge for 15 to 30 minutes. If necessary repeat this procedure maintaining **FIRM** pressure until bleeding is reduced to slow oozing or has stopped. Do not spit as this will create suction and cause bleeding to continue.
2. **ICE** – Apply ice bag(s) to face, on 10 minutes/off 10 minutes, for up to 72 hours to reduce swelling. Small ice chips can also be allowed to melt in the mouth to keep the inside of the mouth cool (after bleeding is controlled).
3. **RINSING** – Don't rinse your mouth or spit for the first day.
4. **SMOKING** – Do not smoke for at least 24 hours.
5. **PAIN** – Some degree of pain is to be expected. Take 2 aspirin, Tylenol, ibuprofen, etc., every 4 hours, or the prescription medication, if one has been prescribed. Do not drive after taking codeine if this medication makes you drowsy. Do not drink alcohol while taking codeine. To prevent nausea, I strongly advise that all pain medications not be taken on an empty stomach.
6. **DIET** – Resume a normal diet as soon as possible following surgery. Soft foods and liquids may be taken during the first 12 hours postoperatively. Three quarts of liquids must be taken each day. Avoid hot liquids for the first 72 hours after surgery.
7. **NAUSEA** – Nausea and vomiting may occur following oral surgery. Only clear liquids should be taken if you are nauseated. Adequate nourishment is needed for a quick recovery and healing following oral surgery.
8. **ORAL HYGIENE** – Good oral hygiene is important for normal healing. Routine tooth brushing should begin the day following oral surgery. Also gently but thoroughly brush the gum adjacent to the extraction site(s).
9. **WARM MOUTH SOAKS**
  - A. Start on 2<sup>nd</sup> day and use for one week.

- B. Dissolve  $\frac{1}{4}$  teaspoon of salt in 8 ounces of water.
- C. Use as a **SOAK**, not as a gargle or rinse.
- D. Repeat every four hours or, at least, after meals and before bedtime.
- E. This treatment may be used more frequently if so desired.

## **ORAL SURGERY INSTRUCTIONS – CONTINUED**

10. HEAT – WAIT 72 HOURS BEFORE APPLYING HEAT – You may use hot water bottle(s) or a heating pad. Hot, moist washcloths or towels are also very effective. Apply the heat continuously while awake and continue applying heat as long as swelling or soreness persists.

11. SWELLING – Swelling, stiffness, and discoloration of the jaw may be normal postoperative events. **DO NOT BE ALARMED**. Maximum swelling is to be expected on the 2<sup>nd</sup> postoperative day and may last for several days.

12. Dry sockets may occasionally occur following the removal of lower wisdom teeth. Additional information has been given to you if we removed lower wisdom teeth.

13. If profuse bleeding continues, nausea persists, or if there are any significant problems not covered in these instructions, please phone for assistance.

14. If you have been asked to stop any type of anticoagulant therapy (blood thinners) such as Coumadin, Plavix or aspirin, to name a few, please restart this medication after surgery.

## OTHER INFORMATION CONCERNING ORAL SURGERY PROCEDURES

The removal of impacted wisdom teeth and other surgical procedures may be quite difficult and involved. The following conditions may occur. All of these conditions are considered normal.

-You may have a slight earache.

-A sore throat may develop.

-Numbness of the mouth on the side from which the tooth was removed may develop. This is called parasthesia and is most often a temporary condition which will usually correct itself.

-Your other teeth may ache temporarily.

-If the corners of your mouth are stretched, they may dry and crack. The corners and your lips should be kept moist with a cream or ointment such as Vaseline or cold cream.

-There may be a slight temperature elevation for 24-48 hours. If fever continues, notify this office.

-If sutures (stitches) were used to close the surgical wound, these sutures **DISSOLVE** in 2-10 days.